Fight the summer slump with a June well-being challenge

As we transition into the sizzling summer months, Life & Work Connections invites you to start a June well-being challenge. Take just 15 minutes each day to prioritize your health.

Discover new topics with campus wellness leaders with Explore This ... [1] on Wednesday mornings, and strengthen your fiscal muscles with a certified financial consultant every Financial Friday [1].

Want to practice mindfulness and resiliency skills on your own time? Looking to dive deeper into a favorite wellness theme? Check out our On-Demand Video [2] section.

Let us know how it’s going at lifework@arizona.edu [3], and join the Life & Work Connections mailing list [4] to learn about the latest opportunities to improve your well-being.

Source URL: https://uaatwork.arizona.edu/node/45721

Links
[1] https://lifework.arizona.edu/training-and-workshops/15-for-you
[2] https://lifework.arizona.edu/tools/on-demand-video
[3] mailto:lifework@arizona.edu
[4] https://arizona.us9.list-manage.com/subscribe?u=0aeb616343625dbd0d696bf1f&amp;id=de6ad6ff97