

Wellness and Safety Partnership 2009 Monthly Themes

- **January: Give Back**

Donate blood, marrow, money, or volunteer at UCI.

- **February: Know Your Numbers**

Get screened for blood glucose, BP, cholesterol, weight, BMI, waist measurement.

- **March: Eat Smart**

Check out campus dining and catering, cooking classes, weight management, 'Fuel Up' and local farmers markets.

- **April: Get Involved**

'Green Up' and recycle everything from paper and plastic, to your bike and e-waste.

- **May: Exercise Your Mind**

Reduce your stress, try biking to work.

- **June: Stay Safe**

Think about safety day and night, on and off campus

- **July: Lets Get Fiscal**

Start the fiscal year right, check out financial education opportunities on campus.

- **August: Check It Out**

Prevention is key, get your immunizations and yearly checkups.

- **September: Be Prepared**

Don't wait, have a plan, get a flu shot, have a fire drill.

- **October: Balance Life**

UCI offers many ways to help balance work and home life.

- **November: Stand Up To Cancer**

Get screened, get help, get support at UCI.

- **December: Have Healthy Holidays**

Be safe and healthy this holiday season with help from UCI.

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UCI Wellness and Safety Partnership:
Campus Recreation, EH&S, Facilities Management,
Human Resources, Police, Risk Management
Website: www.hr.uci.edu/wellnessandsafety
Checkout the 'Toolkit' for Additional Resources.