



## UA Employees

Wellness Seminars/Webinars

University of Arizona Employees view  
the HR Events page for Wellness Seminar options.

HIP participants, please note,  
exercise classes do NOT count as Wellness Seminars.

### **New!** **Parenting Classes**

Monthly: Sept 2018- April 2019

Meet In Person or Online

0-5 years group

6-12 years group

#### **Additional Information**



HIP participants may receive points for  
5 Wellness Seminars/Webinars  
(up to 125 points at 25 points per seminar/webinar)

For more information, contact your agency  
wellness champion [cmyley@email.arizona.edu](mailto:cmyley@email.arizona.edu).