



## ASU Employees

### Wellness Seminars/Webinars

The Wellness Team invites you to participate in Wellness Seminars/Webinars!

Arizona State University Employees view [ASU Events Page](#)  
for Wellness Seminar options.

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

### Additional Information



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HIP participants may receive points for  
**5 Wellness Seminars/Webinars**  
(up to 125 points at 25 points per seminar/webinar)  
between January 1, 2018-December 31, 2018

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*For more information, contact your agency wellness champion.*