



UA Employees

Wellness Seminars/Webinars

The Wellness Team invites you to participate in 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.**

Additional Information



**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**

**For more information, contact your agency
wellness champion cldavis@email.arizona.edu.**