



**SELF-CARE IS NOT SELFISH.
TAKE TIME TO CARE FOR YOURSELF.**

Join us for a Self-Care Webinar Series offered to support the health and well-being needs of UCI employees.

All webinars will be offered live from noon to 1:00 p.m.

Registration required. Unable to attend the live webinar? Following each session, the registration links will become links to the recorded webinar.

UCI ENTERPRISE	
Monday, June 27	Learning to Relax
Tuesday, June 28	Using Guided Imagery for Wellness and Stress Reduction
Wednesday, June 29	Sleep: An Essential Component of Health and Well-Being
Thursday, June 30	Running on E: Adding Energy and Passion to Your Work and Life
Friday, July 1	Relaxation “Micro-Moments” and Winding Down Techniques

To register and view past recordings, visit <https://hr.uci.edu/wellness/>

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