

UCI GOOD THINGS



Spots are limited.

Opportunity Drawing Prizes!

good nurtured CHALLENGE

REGISTRATION Opens February 16 • **CHALLENGE** Runs March 2 - 29

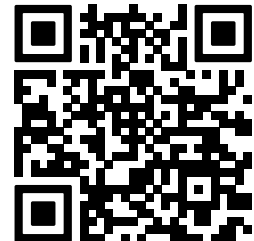
Did you know kindness, civility, and graciousness not only uplift you and those around you, they result in significant health benefits too — including less stress, more optimism, and stronger resilience.



Join your UCI and UCI Health co-workers to build simple, easy well-being rituals called Good Things into your day.



Record daily Good Things in 3 categories: Good to Me, Good to You, Good to All starting March 3 with your favorite tracker or on your mobile or desktop device.



For more information about all UCI Good Things offerings, visit hr.uci.edu/wellness

Register starting February 16 at
uci.goodnurturedchallenge.com

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