



liveWELL™



November 2019 Wellness Updates

Green Living Wellness Challenge



Green Living is a four-week wellness challenge, **November 11-December 8**, that encourages behaviors that support reducing your carbon footprint, combating waste and energy consumption, as well as offering smart ways to enhance your recycling habits. Weekly, participants will receive an email containing tips highlighting that week's topic and a Bonus Code for 50 **liveWELL** Points. For more information visit <https://hr.uiowa.edu/livewell/green-living>

TIAA Gold Series Event: Market and Global Economic Trends

Tuesday, November 19, 2019, 5:30pm to 7:00pm

Levitt Center for University Advancement Green and Hawkinson Assembly Halls

Please join Brian Nick, Senior Managing Director, Chief Investment Strategist at Nuveen, for a discussion on the latest trends in the financial markets and the global economy that could affect the investment landscape. He'll also cover the geopolitical climate and how this may impact investment strategies and retirement savings as investors are looking for clues about long-term performance of the markets. For more information visit <https://hr.uiowa.edu/event/41431/0>



Healthy Weight for the Holidays (via ZOOM)

liveWELL Training—Healthy Weight for the Holidays—ZOOM Video Conferencing*

Thursdays, Nov. 21, Dec. 5, 12 & 19, 12:10 pm—12:50 pm

- Explore simple behaviors that support weight maintenance
- Identify realistic exercise options for tight schedules or winter weather
- Create nutritious options that support healthy weight goals

**Register via 'My Training' in Self Service—search for course # HWH1, HWH2, HWH3, HWH4*

** 2019 Health Fair—Wednesday, Nov. 6, 7:30 am—4 pm **



**** UI Field House - Enjoy a Healthy Tailgate at the Health Fair!**

All UI faculty and staff are encouraged to attend the UI Health Fair! This is a FREE event where you'll be able to obtain a variety of health and wellness information as well as free health screenings and your flu shot. For more information, visit hr.uiowa.edu/livewell/health-fair



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liveWELL Mission - to inspire a culture of well-being and campus excellence, providing employees with the opportunity to thrive.