Managing Debt on Tuesday, August 7 (Jewelry District)
Join Citizens Bank on August 7 at 12:30 p.m. for a workshop on helping individuals understand and manage debt. You'll learn the difference between good debt and bad debt, and how to create an individual plan to successfully manage your debt. This financial program will take place at South Street Landing, Room 499, and counts toward 2018 Wellness Rewards. Registration is open.

Mindfulness for Work/Life Integration on Wednesday, August 8 (Jewelry District)
The growth of the internet and global economy has blurred the lines between work, home, community and the individual. How do we work with these different aspects of our lives to create a harmonious whole? Mindfulness can encourage us to see what we need clearly and support us so we can integrate these aspects of our lives successfully. Join Priscilla Szneke at 12 p.m. at South Street Landing, Room 497, to explore this important topic. This wellness program counts toward 2018 Wellness Rewards. Registration is open.

Overnight Oats on Monday, August 20 (Jewelry District)
Looking for an amazing alternative to regular oatmeal? On Monday, August 20, join Dining Services Executive Chef Gerry Furtado and discover overnight oats - a fun, healthy, and delicious way to start your morning. Overnight Oats is a great breakfast option that can be prepared ahead of time and modified in many different ways so that your morning breakfast never has to be the same. Bring a lidded jar or covered container as you’ll be combining your own dry ingredients to take home and prepare your own overnight oats. This session begins at 12:30 p.m. at South Street Landing, Room 499. Participation is limited to 30. This wellness program counts toward 2018 Wellness Rewards. Registration opens on August 13 at 8 a.m.

Wellness Rewards: Onsite Program Key
Participating in Wellness Rewards and not sure if your program counts as a wellness program, a financial program, or a fitness program? The key below will tell you. Just look to see which symbol is next to the program you are attending.

Financial Program
Wellness Program
Fitness Program

Please remember participation files are uploaded once a month. It may take up to five weeks for a program to populate on the portal.