2014
NEW YEAR, NEW YOU EXPO
January 10, 2014, 11am - 2pm, ARC Demo Kitchen/Classroom

UC Irvine Faculty and Staff...
Start 2014 With Something NEW

Keep Your New Year’s Resolutions…and maybe add a few more.

Ever wanted to try something new but hesitated because you were not sure what to expect?

Grab your co-workers and join us to explore hands-on some of the programs and resources UCI has to offer. Drop by to visit the booths and join in the live demos and informational sessions throughout the day.

Don’t Miss Your Opportunity to:
Try a new workout or fitness program you’ve been thinking about.

Talk to a professional about getting started on developing a financial plan that works for you.

Get information you need to start eating right and cooking healthy.

Learn more about the personal development opportunities here at UCI.

Explore what the UC Wellness Benefit Programs have to offer.

...And Much More

Presented in Partnership By:
Human Resources
Campus Recreation

No Registration Needed
For More Information Visit: www.wellness.uci.edu