



## Give yourself a healthy boost! REFRESH SELF CARE MADE EASY WEBINAR

This webinar is for all UC employees no matter what health plan you are with.

**Enjoy an engaging webinar on emotional well-being and learn about:**

- What it means to REFRESH and its importance
- The components that make up REFRESH
- Some tools and resources available to help us all “REFRESH” and reset to our best selves

**It’s important to hit the reset button, reboot and rejuvenate, so you can be the best version of yourself – in mind, body, and spirit.**

**Are you ready to feel?**

- Restored
- Reinvigorated
- Energized

**Date: JULY 15, 2021**

**Time: 11:00a.m. - 12:00pm**

**Join on your computer or mobile app**

[Click here to join the meeting](#)

**(Right click on link above and open hyperlink)**

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