

# UCI GOOD THINGS



Spots are limited.

Raffle Prizes!

## good nurtured CHALLENGE

**REGISTRATION** Opens February 14 • **CHALLENGE** Runs March 3 - 30

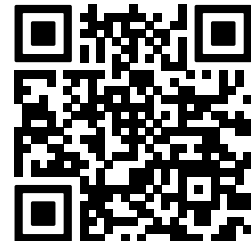
Did you know kindness, civility, and graciousness not only uplift you and those around you, they result in significant health benefits too — including less stress, more optimism, and stronger resilience.



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](http://hr.uci.edu/wellness)

Register starting February 14 at  
[uci.goodnurturedchallenge.com](http://uci.goodnurturedchallenge.com)

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