

# UNIVERSITY of HOUSTON

---

## HUMAN RESOURCES

### Healthier U

***New Year, New You!*** This semester boost your health and well-being by participating in a ***Healthier U*** virtual learning session. These webinars and workshops focus on different ways you can take care of *yourself*! The free offerings are typically held in Teams or Zoom and occur on various dates and times. Some require you to “register.” For others, you only need to join the virtual meeting.

### January

**Journey to Wellness** with BCBSTX HealthSelect. Learn more about Well on Target wellness programs including Real Deal and Naturally Slim weight management programs available to you at no cost or discounted rates.

**Wednesday, Jan. 13, 2021**

**10 AM – 11 AM**

[Register Now!](#)

**1 Degree of Difference: Changing One Habit Can Change Your Life** with Lacy Wolff. In the New Year, learn 3 ways to break a bad habit and 5 cues to make new habits stick! Also shared will be resources you can use to help track your new habits.

**Thursday, Jan. 14, 2021**

**10 AM – 11 AM**

[Register Here](#)

**305 Fitness** with Beth Johnson. 305 Fitness is a 45-minute nonstop cardio party featuring fun, easy-to-follow dance cardio moves, mixes from NYC DJs, and toning for your core and glutes. No dance experience required! Think of it as modern Zumba with a hip hop twist set to mainstream music. The mindset is of inclusiveness and health over the quest for aesthetics.

**Tues., Jan. 19, 2021**

**6:30 AM – 7:15 AM**

To Register, RSVP to [bethjohnson@uh.edu](mailto:bethjohnson@uh.edu)

**Flow: Strategies to Optimize Performance and Build Resilience** with Albert Lucio! Learn how to get in “the zone,” and find your flow! Flow master Albert Lucio is an internationally recognized sand sculptor and magician who will delve into the powerful benefits of finding your flow as well as the psychology behind the flow state.

**Thursday, Jan. 21, 2021**

**10 AM – 11 AM**

[Register Now](#)

**Texa\$aver Overview** with ERS. The more you know about your savings options, the better prepared you’ll be for retirement! Learn all about Texa\$aver and how you can begin to invest in your future today.

**Monday, Jan. 25, 2021**

**9:00 AM – 10 AM**

[Register Here](#)

**Fuel for Fitness** with Alexis Schminke. Learn the right mix of nutrients to fuel your exercise and how to time your meals to get the most from your workouts! This webinar will provide strategies for optimal pre- and post-workout nutrition based on the latest research.

**Thursday, Jan. 28, 2021**

**10 AM – 11 AM**

[Register Now](#)

**Anytime Recordings:**

[Budgeting Basics](#)

[Fitness Happens!](#)

[Webinar: 10 Ways to Maintain your Health \(and Spirit\) while Working from Home](#)