

Wellness Seminars/Webinars

The Wellness Team invites you to participate in Wellness Seminars/Webinars!

Options for Non-University Employees

- Avoiding Slips, Trips & Falls, course code: RMSTF001
- Workplace Violence Avoidance, course code: RM100WPV
- Lifting Hazards, course code RMLIFT001

Register on
[TraCorp](#)

For HIP participants, employees may take these courses 1 time for 25 HIP points.

Options for University Employees



Arizona State University Employees view
Wellness Seminar options on the [ASU Events Page](#).

HIP participants, please note, exercise classes *do NOT count* as
Wellness Seminars.



University of Arizona Employees view
Wellness Seminar options [here](#)

Additional Information – Applies to Non-University & University Employees



eMindful Webinars count as Wellness Seminars/Webinars for all
participants.

Create your account and register [here](#)



HIP participants may receive points for
5 Wellness Seminars/Webinars
(up to 125 points at 25 points per seminar/webinar)
between January 1, 2018-December 31, 2018

For more information, contact your agency wellness champion.