Build Community, Build Health

What is your community outside of work and home? Consider volunteering to build community and increase daily physical activity. It is a way to help others, while helping yourself.

Many fundraisers involve walking, or running, for a charity. My family and I have participated in several community events. While promoting physical wellness, I felt satisfied knowing I had made a contribution to others. Below are a few suggested organizations to consider:

- Colon Cancer Coalition
- Charitable
- Ride to Cure Diabetes
- Habitat for Humanity
- Community Food Bank
- Tucson Parks and Recreation
- The Volunteer Center at United Way of Tucson and Southern Arizona

Check It Out!

WellBeing in Action
NEW episode! Season 1, Ep 6
MUSIC & THE MIND

This WellBeing in Action video features Christina Rocha, senior accountant, UA Research, Discovery & Innovation Business Center. While singing with the UA Faculty-Staff Choir at McKale Center, Rocha uses music to promote a positive mindset and foster community.
Check This Out!
Walk Across Arizona teams having fun together!

Join Us!

March 13: [Walks With Campus Leaders]
Walk with Brian Seastone
Chief, University of Arizona Police
Meet in front of 2nd & Warren, near the gates of the softball stadium
Noon-12:30 p.m.

March 27: [Walks With Campus Leaders]
Walk with Dr. Paulo Goes
Dean, Eller College of Management Professor, Management Information Systems
Meet behind Eller College, outside the food area, near the bike racks
Noon-12:30 p.m.

Important Dates

March 31: Last day to log miles.
April 2: Complete final survey.
April 11: Celebrate the Walk Across Arizona finale! Join us from 4-5 p.m. at [Life & Work Connections].