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.