

## Wellness Seminars/Webinars

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

**Wellness Seminars for *Non-University Employees* on [TraCorp](#) (not available to University employees).**

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

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

**Arizona State University Employees view [ASU Events Page](#) for Wellness Seminar options. HIP participants, please note, exercise classes do NOT count as Wellness Seminars.**

For more information, contact your agency wellness champion.

eMindful Webinars also count as Wellness Seminars/Webinars. Please create your account and register [here](#)

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