WHAT IS
EMPLOYEE WELLNESS
AT PIMA COMMUNITY COLLEGE?

Tell ESC!

Help the Employee Service Center (ESC) build a comprehensive wellness program around you and your needs. Tell ESC what will help you achieve a high level of well-being.

• Take the Wellness Needs and Interest Survey through Feb. 28 on your MyPima home tab.

• Submit your ideas for a program name and tagline through Feb. 28.

• Share your success stories (anytime and always).

• Volunteer to become a wellness champion and keep in the know about happenings so you can share them with co-workers (anytime – especially now).

• Kick off the new year with the 12-week Fitness Challenge so you can feel great. Sign up by Jan. 29.

• Attend a focus group session in February or March. See the schedule on the intranet.

CONNECT WITH ESC TODAY!

Intranet: MyPima @Work > Employee Service Center > Wellness
Email: PCC-Wellness@pima.edu
Phone: 206-4690

Pima County Community College District is governed by an elected five-member board. For information on the Board of Governors, see: www.pima.edu/about-pima/board-of-governors.
Pima Community College is an equal opportunity, affirmative action employer and educational institution committed to excellence through diversity. Upon request, reasonable accommodations will be made for individuals with disabilities. Every effort will be made to provide reasonable accommodations in a timely manner. For public and employee accommodation requests, as well as information related to the ADA complaint process, contact the College ADA Coordinator at (520) 206-4039 or 4905 C E. Broadway Blvd., Tucson, AZ 85709-1130. For PCC student accommodation requests, please contact the appropriate campus Disabled Student Resource office (520) 206-4600 (TTY 520-206-4560).