

Summer 2025 Workshops

Conversations with UCLA Health and community experts on the latest research, health and wellness trends, practical recommendations, and more. Just thirty minutes via Zoom during your lunch hour.



FITWELL TALKS

EMPLOYEE WELLNESS AT UCLA

FITWELL TALKS SPEAKER SERIES

JUN 24

12-12:30pm

Why We Hurt: Understanding the Science of Pain

with Dr. Helen Setyan, UCLA Health



Register Here

JUL 30

12-12:30pm

Gut Health

with Dr. Ellie Chen, UCLA Health



Register Here

AUG 7

12-12:30pm

Nutrition Tips to Optimize Health, Performance, and Recovery

with Denise Alvey, RD, CSSD, CLT, UCLA Health



Register Here

Join live, listen in, and come ready with any questions!



Watch past recordings here

fitwell.recreation.ucla.edu/special-events

