



### Create a masterpiece with *Work of Art*.

*Work of Art* is an emotional fitness campaign designed to help you learn skills that boost happiness and foster resilience. Living an emotionally healthy life is an art, but the activities and habits that lead to long-term success are grounded in science: enhancing mindfulness, sharing gratitude, increasing optimism, and strengthening connections.

**Monday, April 20:** Opt in begins.

**Monday, May 4:** Logging begins.

**Friday, May 8:** Last day to opt in and join/create a team.

**Sunday, May 31:** Last day of *Work of Art*.

### Features include:

- Digital Art Gallery
- Team Feature
- Mobile App
- Interactive Wall
- Resources and more...

Starting April 20, go to [UTLivingwell.com](https://UTLivingwell.com), create an account or log in, and opt in to *Work of Art*.