Staff Employment & Development

Veterans and Military Members Networking Lunch
This event will provide an opportunity for veterans and members of the military within the UCR campus community to connect and network. A brief facilitated discussion will allow attendees to share their thoughts about the campus climate from their perspective as veterans and military members.

» Read more
» Register at UC Learning

Become a Diversity Trainer: Join the Diversity Educators Network
The Diversity Educators Network (DEN) is a group of individuals from across campus with a passion for diversity, and a desire to share that passion with others. DEN Facilitators volunteer their time during the year to facilitate various programs included in the Chancellor's Diversity Education Program.

» Read more

Workplace Health & Wellness

Ergo iSEAT will have a new look!
Beginning August 24, 2012, Ergo iSEAT will be hosted by Omega Health Systems. The new content, which can still be access through UC Learning Center, will continue to offer valuable information to assist you with proper workstation set-up and adopting healthy work habits. Detailed information will be provided on the Ergonomics Program website as it becomes available.

10 Healthy Habits for a Healthy Family
August 15, 2012, 12:00 p.m. – 1:00 p.m., HUB 269
Dr. Paul Lyons, M.D., Senior Associate Dean, Education, School of Medicine will explore healthy habits, tips, and tools designed to help your family make the most of your time together.

» Read more

Take The StairWell and Hydration Challenge July 10 – September 6, 2012
(it’s not too late to join)
Join our 8-week challenge to promote and increase stair usage, physical activity, and hydration! Climb to the top of 8 buildings in 8 weeks! Receive weekly tips, workouts, and resources.

» Read more
Become a UCR Wellness Ambassador
Next Training:
Monday August 27, 2012, 11:00 a.m., HR Employee Development Center
Join our 53 Wellness Ambassadors to promote and support health and wellness at UCR. Wellness Ambassadors serve to help create a healthy culture and act as a liaison between departments and the UCR Faculty and Staff Wellness Program.

» Read more

Managing Your Diabetes — 2 part series
September 19 and 27, 12:00 p.m. – 1:00 p.m.
This series focuses on strategies to manage diabetes. Part 1 includes a brief overview of diabetes, prevention, management plans, and treatment compliance. Part 2, “Dining with Diabetes”, includes nutrition and how food choices affect blood sugar, diabetes management, and meal planning including the Plate Method for diabetic meal planning.

Work/Life Program
The UCR Work/Life Program is committed to developing dynamic problem-solving strategies that assist staff and faculty to balance their personal and professional challenges. Work/life resources are divided into three broad categories: Financial, Personal, and Professional Balance.

» Read more