Benefits

Balancing Work and Family Life Workshop Series
September 24 – December 2, 2015

Balancing Work and Family Life is a four-part brown bag series designed to support families by providing information for various stages of family life including pregnancy disability benefits, nutrition and health, time and stress management, and preparing your child for college. Learn more

Planning for the Future Workshop Series
September 30 – November 12, 2015

Planning for the Future is a four-part series developed to provide useful information on how to plan for a successful and satisfying retirement. Topics covered include: UC Retirement Benefits, the development of a Living Will, Standard Will and a Living Trust, the UC Retirement Savings Plan, and the overall fundamentals of retirement income planning for early career employees. Learn more

Coming Soon – 2016 Open Enrollment
October 29 – November 24, 2015

The 2016 Open Enrollment is your annual opportunity to review your benefits and make changes. You will be able to enroll or change your medical, dental, or visions plans; enroll or de-enroll dependents; enroll or re-enroll in Health/Dependent Care FSA. Please stay tuned for more information. Download the flyer (Spanish).

Disability Management

National Disability Employment Awareness Month

Held each October, National Disability Employment Awareness Month (NDEAM) is a time to celebrate the many and varied contributions of America’s workers with disabilities. The theme for 2015 – which marks 70 years since the first observance – is "My Disability is One Part of Who I Am." Learn more

Education & Development

Making Excellence Inclusive: a UCR Diversity Certificate Program
Application Deadline: October 26, 2015

The MEI Certificate Program, a foundational part of the Chancellor’s Diversity Education Program, is proudly kicking off its eighth year on campus and is now accepting applications for the upcoming six-month program. Participants will learn about the complexities of UCR’s diversity challenges and have the opportunity to meet and collaborate with colleagues from across the University. Learn more

Workplace Health & Wellness

UCR Farmshare – 10-Week Fall Program
October 1 – December 10, 2015

UCR Farmshare is a Community Supported Agriculture (CSA) Program – a convenient way for UCR faculty, staff, and students to purchase fresh, local, and healthy produce directly from a farmer. UCR Farmshare is a pre-paid subscription to locally grown fruits and vegetables that can be picked up weekly in a Farmers’ Market style environment, right on the UCR campus. Learn more
How to Happiness
October 22, 2015 / 12 – 1:00 p.m. / HUB 302 North

Professor Sonja Lyubomirsky, Department of Psychology, will introduce “happiness strategies” that can be practiced on a regular basis and present brand new research on how small and simple activities can transform people into happier and more flourishing individuals. More information to follow.

Continuing Health & Wellness Events and Programs

- **Rejuvenate**: Manage life challenges through stress management activities, resources, and events. *It's not too late to join!* Learn more
- **Walk and Talk with Leadership Series 2015**: Tuesday, September 22 / 12:15 p.m. – Thomas Max-Smith, Dean, Graduate School of Education (GSOE). September’s walk will be held at the indoor track located in the Recreation Center South building – *meet at the front desk*. Learn more
- **Gentle Yoga Practices with Diane / Fall 2015**: Diane Del Buono, Associate of the Chancellor, will lead gentle yoga poses. Fall Schedule
- **Wellness Toolkit for Managers and Supervisors**: The Wellness Toolkit is now available for managers and supervisors to help create a healthy and safe workplace. To request your toolkit, please contact Julie Chobdee, Wellness Program Coordinator.
- **Become a Wellness Ambassador**: Ambassadors serve a critical role to help create a healthy culture and serve as a liaison between their department and the UCR Faculty and Staff Wellness program. Learn more