**CID: Creating an Inclusive Environment for Individuals with Disabilities**
*Tuesday, October 20, 2015 / 9:00 a.m. - Noon / HUB 265*

Learn how to create an inclusive workplace which builds on equal opportunity principles to create a culture of respect, involvement, and success for all employees. Information will be provided about differences in the workplace, unique inclusive practices, and how to conduct a culture and needs assessment. [Learn more](#)

**Benefits**

**Balancing Work and Family Life Workshop Series**
*Part II: Healthy Pregnancy – Nutrition & Fitness / October 22, 2015 / 11:00 a.m. – 1:00 p.m. / HUB 367*

*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**
*Retirement for Early Career Employees: November 12 / 11:00 a.m. – 1:00 p.m. / HUB 355*

*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).

**Education & Development**

**CIT: Creating a Trans-Inclusive Work Environment**
*November 6, 2015*

Information will be provided to increase your knowledge of gender identity and expression, diversity within the transgender community, and current UC and government resources, policies, and laws.

**VMF: Veterans, Military Members and Families Group Luncheon**
*November 6, 2015*

VMMFG provides an opportunity for veterans, members of the military, and members of military families within the UCR campus community to connect and network.

**CIV: Creating an Inclusive Environment for Veterans and Military Members**
*November 16, 2015*

Learn about inclusive practices that include understanding the benefits of hiring veterans and military members, identifying transferable military skills, and engaging and retaining veterans and military employees.

**VWA: Violence Against Women Reauthorization Act**
*November 18, 19, & 24, 2015*
This series will help raise your awareness of the Violence Against Women Reauthorization Act (VAWA).

**AEO: Affirmative Action/Equal Opportunity 101**  
*November 23, 2015*

This workshop provides a primer on the fundamentals of affirmative action and equal opportunity that affect every aspect of recruitment, employment, advancement, and treatment of applicants and employees.

» Register at UC Learning

### Workplace Health & Wellness

**Food Week**  
*October 19 – 24, 2015*

Join UC locations for Food Day, the nationwide campaign for healthy, delicious, and affordable food prepared in a sustainable and humane way. *Take the pledge to eat healthy and sustainable food!* [Learn more](#).

**Maintain Don’t Gain Holiday Challenge**  
*November 10, 2015 – January 5, 2016*

This 8-week healthy holiday challenge is designed to help you maintain weight during the holiday season by incorporating nutrition, healthy decisions, increased physical activity, and enhanced stress management. *More information to follow.*

**New and Improved Healthy Vending Machines**

UCR is now offering the “Well Within Reach” Healthy Vending Machine program in all UCR campus vending machines. Look for healthier choices that are more affordable and specially marked with the “Well Within Reach” sticker.

### Continuing Health & Wellness Events and Programs

- **How of Happiness**: October 22, 2015 / 12 – 1:00 p.m. / HUB 302 North. Learn about “happiness strategies”; if practiced regularly can lead to a happy and flourishing life. [Learn more](#).
- **Walk and Talk with Leadership Series 2015**: Thursday, November 5 / 12:15 p.m. – Steven Mandeville-Gamble, University Librarian. The walk begins at the Scotty the Bear statue outside of the HUB. [Learn more](#).
- **Gentle Yoga Practices with Diane / Fall 2015**: Diane Del Buono, Associate of the Chancellor, will lead gentle yoga poses. [Fall Schedule](#).
- **UCR Farmshare**: Sign-up for the November 5 – December 10 UCR Farmshare, a pre-paid subscription to locally grown fruits and vegetables that can be picked up weekly in a Farmers’ market style environment on the UCR campus. [Sign-ups](#) will begin on October 22.