Workplace Health and Wellness
BeWell Newsletter

MobileFit Program begins April 2, 2012 through June 8, 2012
Join a MobileFit group or start your own!

For more information, click here.

The Longevity Project – April 18, 2012 from 12 pm – 1 pm in HUB 355
The 8-decade Study of Staying Healthy and Living Long
Dr. Howard Friedman, Distinguished Professor of Psychology at the University of California, Riverside, will be sharing the key to longevity based on the most extensive study of longevity ever conducted. THE LONGEVITY PROJECT reveals the extent to which psychosocial factors such as our personalities, friends, family, and work really matter.

For more information, click here.

What You Need to Know about Diabetes – May 9, 2012 from 12 pm – 1 pm in HUB 269
Presented by: Dr. Andrew Alexander, Assistant Clinical Professor, UCR School of Medicine
Learn more about diabetes, risk factors, diagnosis and treatment, and lifestyle factors to prevent and manage diabetes.

For more Information, click here.

3rd annual system wide UC Walks – May 23, 2012 at 11:45 am outside Student Services Building
Join us for a 20 minute walk led by Dr. Karen White, Associate of the Chancellor and Tim Willette, Finance & Business Operations. Free T-shirts, giveaways and refreshments!

For more information, click here.

Take Your StayWell Health Assessment to earn your $100 incentive!
UC will provide a $100 gift certificate to each eligible employee and retiree and a $50 gift certificate to eligible spouses/domestic partners who complete the Health Assessment and follow-up program. It is recommended that you take your health assessment as early as possible to allow enough time to earn your reward.

For more information, click here.
Staff Employment & Development

Student Veteran Support: Creating a Veteran-Friendly Campus - April 24, 2012
Join Student Special Services and explore veteran perspectives, unique veteran challenges, and available resources for veterans.

For more information and to enroll, click here.

Time Management - April 24, 2012
This workshop will provide practical techniques for controlling time and making it a manageable resource.

To read a full description and enroll, login to the UC Learning Center.

Work Leader Training - Begins May 7, 2012
Looking to enhance your leadership skills? This four-part course covers foundational communication and leadership skills.

To see all dates, read a full description and enroll, login to the UC Learning Center.

This workshop is for individuals who administratively support the hiring manager in any part of the recruitment and selection process.

To read a full description and enroll, login to the UC Learning Center.

Surviving and Thriving in a Changing Environment - May 17, 2012
Coping with change has become a daily event within the UC environment. How are you managing it? Change can provoke feelings of excitement or bouts of worry and fear. This workshop is designed to provide participants with an understanding of their reactions to change and how to move from a place of resistance to commitment for the change.

To read a full description and enroll, login to the UC Learning Center.

SRSS: Affirmative Action - June 12, 2012
This workshop offers a primer on the fundamentals of affirmative action in employment through lecture and case studies.

To read a full description and enroll, login to the UC Learning Center.

Benefits

Fidelity Investments Workshops for Spring 2012
UC is sponsoring several financial and retirement education classes conducted by Fidelity Retirement Services to help employees learn about investing for retirement and the steps they can take to help ensure retirement readiness. Please visit the UC Focus on Your Future website for the full list of Spring 2012 Financial Education Classes for UC Riverside.

Fidelity Investments Free Financial Education Presentations for Departments
Fidelity Investments Senior Retirement Counselor, Jeff Crowley, is available to tailor a financial education program to meet the needs of individual departments. He is available to conduct the financial education sessions at a time and location that is convenient for the department at no cost.

For more information, click here.