**Workplace Health and Wellness**
BeWell Newsletter

Get Healthy: Participate in the Healthy BINGO Challenge!
This month long challenge encourages you to incorporate healthy habits into your daily routine. The challenge habits encompass the seven dimensions of wellness including: environmental, physical, emotional, intellectual, spiritual, social, and occupational. It’s not too late to join! Bingo games will be held on March 27th, and April 24th from 12 pm – 1 pm in HUB 355.

For more information, [click here](#).

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 noon – 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 they key to longevity based on the most extensive study of longevity ever conducted. THE LONGEVITY PROJECT reveals the great extent to which it is psychosocial factors that really matter: our personalities, friends, family, and work.

For more information, [click here](#).

Color Your Health Nutrition Program
This month long program encourages you to consume more fruits and vegetables in an effort to promote overall health and well-being. Your goal is to aim for 5 servings of fruits and vegetables a day for 20 days.

For more information, [click here](#).

UCR Lactation Rooms
The University of California, Riverside Work/Life Program has been awarded the designation of “Breastfeeding Friendly Employer” by the Riverside County Department of Public Health Women, Infants and Children (WIC) Program Lactation Services Program. The Work/Life program offers 2 private lactation rooms available in Sproul Hall and Pierce Hall – both equipped with a hospital grade medela pump!

For more information [click here](#).
Staff Employment & Development

**MEI: Weaving Diversity into Performance and Development, April 3, 2012**

This workshop will assist supervisors and managers in identifying culturally competent behaviors that can be developed and assessed through the UCR performance appraisal and Campuswide Standards.

For more information and to enroll, [click here](#).

**MEI: Lessons Learned from Past UC Litigation, April 5, 2012**

In this workshop participants will discuss how to avoid common pitfalls and apply proactive approaches in addressing complaints and minimizing legal risks.

For more information and to enroll, [click here](#).

**Maximizing Generational Diversity, April 5, 2012**

For the first time in the American workplace, workers span four generations. This workshop explores tools that can enhance the productivity in a multi-generational workplace.

For more information and to enroll, [click here](#).

**Successful Recruitment and Selection Strategies (SRSS) - Begins April 10, 2012**

This series offers three workshops designed to provide guidance to individuals involved in any aspect of the recruitment and selection process.

To view dates, read a full description and enroll, login to the [UC Learning Center](#). To see a list of all three courses, type SRSS in the search field of the UC Learning Center and click go.

**MEI: Proactive Strategies to Decrease Diversity Legal Liability, April 19, 2012**

This workshop will offer assistance with diversity or equity related issues, discuss strategies for working collaboratively, and guide participants on working to prevent legal liability.

For more information and to enroll, [click here](#).

**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](#).

**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](#).
Benefits

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](#).

Retiring in the Next Three Years – March 21 and March 27, 2012, Humanities 1500
This workshop reviews key decisions every employee needs to make at retirement regarding alternate payment options, savings plan distributions, medical insurance and taxes. In addition, the retirement process will be described, including the steps to initiate the process.

To read a full description and enroll, login to the [UC Learning Center](#).