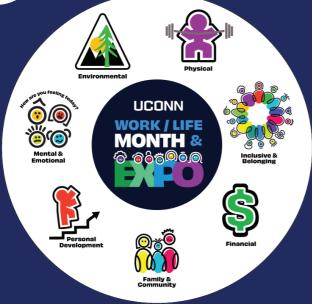
National Work & Life Month - October Events

MONDAY

Saving Money: The Best Way to Stay Warm 12:15 am - 12:45 pm Microsoft Teams



Making Change: Creating a Spending Plan that Works for You 12:00 noon - 1:00 pm Microsoft Teams



Pilates 12:00 noon - 1:00 pm UConn Recreation WEDNESDAY



Pet Therapy for Employees 12:00 noon - 1:00 pm Homer Babbidge Library

UConn Flu Vaccination Clinic 9:00 am - 3:00 pm Student Union - Room 304

TUESDAY

Money on My Mind: Dealing with Anxiety 12:00 pm - 1:00 pm Webinar - On-line

Planning for Retirement Webinar: Q&A with Tom Shepherd 12:00 noon - 1:00 pm Microsoft Teams

Cybersecurity Awareness 1:00 noon - 1:45 pm Webinar - On-line

Pet Therapy for Employees 12:00 noon - 1:00 pm Student Union Terrace



11:00 am - 1:00 pm Student Union Terrace hr.uconn.edu/pumpkin-palooza for more information

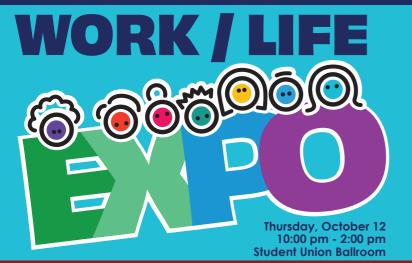


Student Union Ballroom

Speech & Hearing Clinic 10:00 am - 2:00 pm Student Union - Rooms 320 & 321

Begin to Spin 4:00 pm - 4:45 pm **UConn Recreation**

Healthy Boundaries & Work/Life Balance 12:00 noon - 1:00 pm Webinar - On-line



The expo features 25+ participants focusing on: health & wellness, employee benefits, childcare, UConn & community resources and services.

Door Prizes

- Lunch with President Maric (Office of the President)
- 3 Semester Memberships (UConn Recreation)
- Holiday Pies and Rolls (3 pies & (3)1-dozen rolls) (Dining Services)
- Soil Test Kits (Home and Garden Education Center)
- Tickets for Women's Basketball Game (Gampel) (UConn Athletics)
- Tickets for Men's Basketball Game (Gampel) (UConn Athletics) more to come...