

National Work & Life Month - October Events

MONDAY

16th
Saving Money: The Best Way to Stay Warm
 12:15 am - 12:45 pm
 Microsoft Teams

TUESDAY
 Cont.

31st
Making Change: Creating a Spending Plan that Works for You
 12:00 noon - 1:00 pm
 Microsoft Teams



WEDNESDAY

4th
Pilates
 12:00 noon - 1:00 pm
 UConn Recreation

THURSDAY

5th
Pet Therapy for Employees
 12:00 noon - 1:00 pm
 Homer Babbidge Library

12th
UConn Flu Vaccination Clinic
 9:00 am - 3:00 pm
 Student Union - Room 304



10:00 pm - 2:00 pm
 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

19th
Healthy Boundaries & Work/Life Balance
 12:00 noon - 1:00 pm
 Webinar - On-line

TUESDAY

10th
Money on My Mind: Dealing with Anxiety
 12:00 pm - 1:00 pm
 Webinar - On-line

17th
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

24th
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

WORK / LIFE



Thursday, October 12
 10:00 pm - 2:00 pm
 Student Union Ballroom

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...

Check Out: www.hr.uconn.edu/worklife-month-expo/ for complete details