

National Work & Life Month - October Events

TUESDAY

28th

Financial Resilience: Preparing for Life's Financial Storms
12:00 noon - 1:00 pm
Microsoft Teams



WEDNESDAY

1st

HEALTHY HUSKIES
Walking Challenge



Work/Life Walking Challenge Kicks Off Today!

15th

Retirement Lunch & Learn with John Trifone
12:00 pm - 1:00 pm
Student Union room 310

22nd

Career Purpose Workshop Session 1
8:30 am - 12:30 pm
Registration Required

29th

Career Purpose Workshop Session 2
8:30 am - 12:30 pm
Registration Required

Fuel Your Body, Save Your Wallet
12:00 pm - 1:00 pm
Microsoft Teams

THURSDAY

9th

UConn Flu Vaccine Clinic
9:00 am - 2:00 pm
Student Union - Room 304

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

WORK / LIFE

EXPO

10:00 pm - 2:00 pm
Student Union Ballroom

Drinks
and
Snacks

Door
Prizes

23rd

Navigating Change & Building Resilience
11:00 am - 1:00 pm
Registration Required

FRIDAY

17th

Thinking Beyond UConn: A Career Purpose Workshop for Faculty & Staff Session 1
8:30 am - 12:30 pm
Registration Required

29th

Thinking Beyond UConn: A Career Purpose Workshop for Faculty & Staff Session 2
8:30 am - 12:30 pm
Registration Required

WORK / LIFE



Thursday, October 9
10:00 pm - 2:00 pm
Student Union Ballroom

The expo features 35+ participants focusing on: health & wellness, employee benefits, childcare, UConn & community resources and services.

Door Prizes

- Dairy Bar (3) \$10 gift certificates - (Dining Services)
- Holiday Pies and Rolls (3 pies & (3) 1-dozen rolls) - (Dining Services)
- UConn Swag Bags (4) - (Brand Partnerships and Trademark Management)
- Choice of one month parking pass in Area 1 (Storrs) OR one month parking pass to parking garage (Storrs) - (UConn Parking Services)
- 2 Tickets to a Show at Jorgensen - (Jorgensen Center)
- 3 months of Individual Membership to the Mansfield Community Center - (Mansfield Parks and Recreation)

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