

Staff wellness workshop: Taking Care of Yourself and Others

Date:
May 5, 2020

The Appointed Professionals Advisory Council, the Classified Staff Council and Life & Work Connections invite all University of Arizona staff to a one-hour webinar this Friday, May 8. Pick up practical tips and discover new resources for strengthening your emotional, financial, physical and social wellness as we navigate the challenges ahead. **Register now to join on Zoom.** ^[1]

Taking Care of Yourself and Others – Building Wellness and Resiliency

Friday, May 8 | 1-2 p.m. | [Register now!](#) ^[1]

Presenters:

Melanie Hingle ^[2]

Associate Professor, Department of Nutritional Sciences

Tanya Lauer ^[3]

Employee Assistance Counselor, Life & Work Connections

Lourdes A. Rodríguez ^[4]

Senior Coordinator of Childcare and Family Resources, Life & Work Connections

Richard P. Rosen ^[5]

Interim Director, Take Charge America Institute for Consumer Financial Education and Research
Assistant Professor of Practice, Personal and Family Financial Planning, Retailing and Consumer Sciences

Moderators:

Josephine Corder ^[6]

Director, Life & Work Connections

Jeffrey Jones ^[7]

Chair, Classified Staff Council

Jennifer Lawrence ^[8]

Chair, Appointed Professionals Advisory Council

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Links

[1] https://arizona.zoom.us/webinar/register/WN_YuDTnhiiRvuiqxQe6gzZsw [2] <https://nutrition.cals.arizona.edu/person/melanie-hingle-phd-mph-rd> [3] <https://lifework.arizona.edu/person/tanya-lauer-mc-lpc> [4] <https://lifework.arizona.edu/person/lourdes-rodriguez-ms> [5] https://cals.arizona.edu/fcs/faculty/rick_rosen [6] <https://lifework.arizona.edu/person/josephine-corder-mba> [7] <https://csc.arizona.edu/people/jeffrey-d-jones-chair-council> [8] <https://slhs.arizona.edu/person/jennifer-lawrence-mba>