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

Source URL: https://uaatwork.arizona.edu/node/45635

Links
[1] https://arizona.zoom.us/webinar/register/WN_YuDTnhiIRvuiqxQe6gzZsw
[3] https://lifework.arizona.edu/person/tanya-lauer-mc-lpc