Your Fall Wellness Menu: Flu Shots, Workshops, and Meetups

Date::
September 9, 2019

*It's a perfect time to prioritize your self-care with these employee offerings*

We can't serve others if we don't care for ourselves. As the new semester kicks into high gear, it's important to find time for your self-care. This fall, Life & Work Connections is bringing employees several health and wellness opportunities. How will you invest in yourself?

**ReJuven8 Workshops**

The ReJuven8 series is back by popular demand! Learn about sustainable habits for resilience in work and life. Registration is required to participate in these workshops.

- **How to G.R.O.W. Resilience** [1] (September 17)
- **Training your e.Y.e. to Prevent Burnout** [2] (October 2)

**Parents at Work**

Parents at Work [4] (PAW) webinars and seminars are packed full of information to support your family’s needs. This is an opportunity to learn and connect with other families on campus. Registration is required.

The fall PAW schedule will cover topics like technology and screen time, developing social skills, teaching kindness, and more. The calendar of offerings runs from **September 12 through December 11**.

**Caregiver Connections**

If you are a caregiver, or would like to learn more about caregiving, check out the Caregiver Connections [5] webinars and meetups.

The Caregiver Connections webinars will tackle topics such as stress reduction, caregiver emotions, living in the moment, and communication. Meetups give you the chance to connect with fellow UA employees. This series begins **September 17 and runs through December 6**.

**Weight and Health Checks**

Are you looking for quick assistance in meeting your health goals? Consider stopping by one of the **monthly weight checks** [6] held in the Student Union Memorial Center, Thomas W. Keating Bioresearch Building, and El Portal to check your weight and chat with a registered dietitian nutritionist.
Flu Shots

**Beginning September 26**, Life & Work Connections will offer 22 flu shot clinics. No appointment is necessary. Simply bring a completed Flu Shot Consent Form and your alternate ID number.

Questions about these programs? Contact Christina Fisch at cfisch@email.arizona.edu.

**Source URL:** https://uaatwork.arizona.edu/uannounce/your-fall-wellness-menu-flu-shots-workshops-and-meetups

**Links**
[1] https://lifework.arizona.edu/calendar/how-grow-resilience-0
[2] https://lifework.arizona.edu/calendar/training-your-eye-prevent-burnout-0
[4] https://lifework.arizona.edu/parents-work-paw
[5] https://lifework.arizona.edu/caregiver-connections
[6] https://lifework.arizona.edu/wws/availableclasses/weightchallenges
[7] https://lifework.arizona.edu/waw/flu-shots
[9] http://cfisch@email.arizona.edu