

**October 2020 - Employee Well-Being Programs**

**All programs are now virtual**

**Register in Talent to receive webinar links**

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Thursday, October 1st – 11:15 am

**Core with Mady**

*(Presented by VCU HR and VCU Recreational Sports)*

This class will help you build a more stable, powerful abdomen & lower back to improve fitness, straighten posture & provide a foundation to stay active.

Register: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/c7310b8b-7ab6-4b9e-97a8-b579b7fe8360)

Friday, October 2nd – 12 noon

**Taxes in Retirement – Learn about the new tax cuts and jobs act and how to become tax diversified**

*(Presented by VCU HR and Assoc of Financial Educators)*

Join us as we discuss new tax law changes and how they affect taxes you pay during your retirement.

Register: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/cc2a643c-3820-45b7-a02c-32d225408657?session=d1f23deb-c90a-4aa0-b7b9-c6c56a403af8)

Tuesday, October 6th – 12 noon

**Deep Stretch with Jess**

*(Presented by VCU HR and VCU Recreational Sports)*

A slower 30-minute practice focused on active stretching of muscles and opening of connective tissue. Participants are encouraged to have a yoga strap or dish/hand towel for this class.

Register: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/6221e4d7-b6ac-4c24-9d62-f85ea628139f?session=4407b31a-882e-471f-9a0b-db23452cac91)

Thursday, October 8th – 12 noon

**Aligning Money and Values**

*(Presented by VCU HR, VCUHS HR, and Virginia Credit Union)*

This webinar will help define and align personal values to the financial choices you make every day.

Register: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/66c55423-0ad8-428c-9fa5-af959220b907?session=689e38fc-e7ca-4217-90bd-961f2a8ccce3)

Monday, October 12th – 12:30 pm

**Tomorrow in Focus: Saving for your ideal retirement**

*(Presented by VCU HR and TIAA)*

You will learn the real benefit of time in regards to saving as well as the essential features of retirement investments.

Register: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/4e9d11bd-7a5a-4640-92c1-67f9304d36be?session=0a6dc05e-7c41-4637-bef3-e7a70ada9dab)

Tuesday, October 13th – 12 noon

**Guided Meditation with Chelsea**

*(Presented by VCU HR and VCU Recreational Sports)*

Take a break from responsibilities to find a moment of quiet reflection in the middle of your day with our guided meditation.

Register: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/7e9a0853-edda-4f85-9a49-fcf51606f03e?session=fdc5045f-5bc2-41b6-90e9-945aad94ba2d)

Wednesday, October 14th -12 pm

**Understanding Alzheimer’s & Dementia**

(Presented by VCU HR and the Alzheimer’s Association)

Join us for this educational program covering the basics of Alzheimer’s and Dementia and information on how to face and deal with it.

Register: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/3585db68-af4b-4974-80da-42f7565e4724?session=058cae12-2ccb-4ca5-bb29-8102bafd05ab)

Thursday, October 15th – 12 pm

**Estate Planning**

(Presented by VCU HR and Anthem EAP)

Learn the terms for will planning, guardianships and trusts. We will also go over the pros and cons of different options.

Register: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/82d93844-d358-4a41-ac22-cb540e251dc8?session=df42eb0c-af45-4d14-ac6a-17c195f3520d)

Wednesday, October 21st – 12 noon

**Investment Basics**

*(Presented by VCU HR, VCUHS HR, and Virginia Credit Union)*

This webinar will teach basic concepts of investing.

Register: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/468a070a-31ce-4db4-87aa-5b833b73a0a1)

Thursday, October 22nd – 9 am to 3 pm

**FLU IMMUNIZATION CLINIC**

**By Appointment Only –** [**Click here**](https://wagsoutreach.com/schedulerLanding)**!**

Monroe Park Campus – HR Training Room, 922 W Grace St

Friday, October 23rd – 12 pm – 12:30 pm

**What time is it? Tune into your circadian rhythms**

*(Presented by VCU HR and VCU Recreational Sports)*

Timing is everything. We will discuss circadian rhythms – your 24-hour internal clock. Attendees will leave this workshop with strategies on how to work with their circadian rhythms and not against them.

Register: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/8fbe8d95-4500-46bc-a372-5ea6d924be30?session=6dcac6d5-8c54-4ce8-a7af-6ff9fcc434fb)

Monday, October 26th – 9 am to 3 pm

**FLU IMMUNIZATION CLINIC**

**By Appointment Only –** [**Click here**](https://wagsoutreach.com/schedulerLanding)**!**

MCV Campus – School of Pharmacy, 410 N 12th St, Room 129

Tuesday, October 27th – 12 noon

**Alternative Medicine, Fact or Fiction**

*(Presented by VCU HR & Anthem EAP)*

Learn the basics of the most commonly used alternative and complementary healing arts, which includes: Chiropractic, Homeopathy, Herbal and Chinese Medicine, Naturopathy, Acupuncture, and Therapeutic Massage. See how these healing arts can improve your total health and wellness.

Register: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/0e68d3e0-6423-46ad-87fa-99c33eff75bd?session=d5b75c88-062e-4ab8-b046-e52e6c161eb4)

Wednesday, October 28th – 2:30 pm

**Guided Meditation with Mia**

*(Presented by VCU HR and VCU Recreational Sports)*

Take a break from responsibilities to find a moment of quiet reflection in the middle of your day with our guided meditation.

Register: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/7e9a0853-edda-4f85-9a49-fcf51606f03e?session=f12dfd1c-7d34-4718-8ed8-7eb2813d2a50)

Thursday, October 29th – 12 noon

**Deciphering Cancer Nutrition Headlines – Fact or Fiction**

*(Presented by VCU HR & Massey Cancer Center Dietitician)*

Join dietitian Allie Farley as she reviews some of the hot topics regarding nutrition and cancer including sugar, comparing organic vs non organic produce, review soy and flaxseeds, critique popular “cancer-curing” diets and evaluate “superfoods”

Register: [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/f65876e4-3a94-42bf-b4d9-f580907c200d)