

**December 2019**

**Employee Well-Being Programs**

Open to all VCU employees at no cost. All programs begin at 12 noon. Details and registration at

https://hr.vcu.edu/current-employees/worklife/ or <https://ramstrong.vcu.edu/>



**December 4**

**Health & Well-Being in the Workplace (presented by VCU HR and Anthem EAP)**

*Discover how to enhance your health, well-being and productivity by relieving stress, exploring ergonomics, establishing priorities, and learning the importance of healthy eating and regular exercise.*

Location - Monroe Park, Cabell Library 901 Park Avenue, Room 250

Register at [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/73a393d9-e4d1-4296-ac20-cdd05c5a9a2e)

**December 5**

**Build a Better Meal (presented by VCU HR and CommonHealth)**

*This program will provide guiding principles to help you plan, shop and prepare meals that fuel your body with the nutrients necessary to be your best.*

Location – MCV Campus, Smith Building, 410 N 12th Street, Room 225

Register at [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/92011b98-024a-4df1-86a4-2fb9328cada8)

**December 11**

**Yoga to do at your desk (presented by VCU HR and VCU Recreational Sports)**

*Join us for the perfect relaxing exercise to improve posture, increase flexibility, reduce stress and improve balance*

Location – Monroe Park Campus, Cary Street Gym – Group Exercise Room

Register at [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/3b8aee27-9f0e-4953-9f70-2be68b5f713e)

**December 12**

**Aligning Money and Values (presented by VCU HR and VACU)**

*This seminar helps participants define and aligning personal values to their financial choices.*

Location – MCV Campus, Smith Building, 410 N 12th Street, Room 225

Register at [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/66c55423-0ad8-428c-9fa5-af959220b907)

**December 17**

**Holiday Survival Guide (presented by VCU HR and Anthem EAP)**

*Learn how to look for sources of holiday stress and learn strategies for dealing with your emotions, time, relations and money*

Location - Monroe Park, Cabell Library 901 Park Avenue, Room 250

Register at [Talent@VCU](https://vcu.csod.com/ui/lms-learning-details/app/event/2d2977c5-9d52-458e-b4d3-52ff85db22a5)

**Interested in learning more about wellness? Subscribe to the HR Wellness blog at:** [**https://blogs.vcu.edu/hr-worklife/**](https://blogs.vcu.edu/hr-worklife/)