

National Work & Family Month - October Events

MONDAY

18th
Pet Therapy
11:00 am - 1:00 pm
Homer Babbidge Library, Staff Lounge

25th
Social Security Programs & Services: An Overview
12:00 noon - 1:00 pm
Microsoft Teams

18th & 25th
FREE Hawley Armory Classes for Faculty and Staff
See <https://hawleyfitness.uconn.edu/classes> for the class schedule.

TUESDAY

19th
Barre with UConn Recreation
2:00 pm - 2:30 pm
Microsoft Teams

26th
Family Taco Tuesday Night with UConn Extension (Expanded Food and Nutrition Education Program)
6:00 pm - 7:00pm
Check back for more information

19th & 26th
FREE Hawley Armory Classes for Faculty and Staff
See <https://hawleyfitness.uconn.edu/classes> for the class schedule.

WEDNESDAY

13th
Coronavirus Scams: How to Avoid These and Other Common Banking Scams
12:00 pm - 1:00 pm
SU Room 325

Creating a Psychologically Safe Work Environment: Putting Learning at the Center
2:00 pm - 3:00 pm
Microsoft Teams

20th
UConn Hikes!
Time TBD
More info to come

27th
Habitat for Humanity - Home Qualification and Volunteer Opportunities
More info to come

No registration necessary unless otherwise noted

★ Email Janet.Rochester@uconn.edu to reserve a spot

WEDNESDAY Cont.

20th & 27th
FREE Hawley Armory Classes for Faculty and Staff
See <https://hawleyfitness.uconn.edu/classes> for the class schedule.

7th
Bodyweight Strength with UConn Recreation
12:00 noon - 12:30 pm
Microsoft Teams

14th **Work/Life expo**
10:00 pm - 2:00 pm
Student Union Ballroom

Flu Vaccination Clinic
8:00 am - 3:00 pm
Student Union Room 104

21st
Nutrition and Diet Myths: How to Recognize and Avoid
12:30 pm - 1:00 pm
Microsoft Teams

Ask the Retirement Counselor - Prudential
10:00 am-11:00 am and 12:00 pm-1:00 pm
Webex

21st & 28th
Early Bird Spin Class at Hawley Armory ★
6:50 am - 7:50 am
Email Janet Rochester (janet.rochester@uconn.edu) at least a day in advance to confirm space availability.

FREE Hawley Armory Classes for Faculty and Staff
See <https://hawleyfitness.uconn.edu/classes> for the class schedule.

28th
Learn How to Make a Gluten Free Pie - Dining Services
12:00 noon - 1:00 pm
Microsoft Teams

15th, 22nd, & 29th
FREE Hawley Armory Classes for Faculty and Staff
See <https://hawleyfitness.uconn.edu/classes> for the class schedule.

FRIDAY

29th
Virtual Zoomobile for the kids with the Beardsley Zoo
4:00 pm - 5:00 pm
Zoom

Work/Life expo

Thursday, October 14
10:00 pm - 2:00 pm
Student Union Ballroom

The expo features 50+ participants focusing on health & wellness, employee benefits, childcare, UConn & community resources and services.



Our featured non-profit organization for the month of October is
Habitat for Humanity
of Eastern Connecticut

Volunteer Opportunities
"Come build with us!"
UConn Build Days with Habitat for Humanity
Volunteering with Habitat is easy and it's an enjoyable and rewarding way to give back.

Saturday October 30th and November 6th

Donation Information
Consider making a one time or a recurring monthly donation to Habitat either online or in person at the Expo (cash only at the Expo). Donate at the Expo and earn an extra ticket for Door Prizes!

Some of the Awesome Door Prizes

- ★ Lunch with Interim President Dr. Agwunobi
- ★ \$50 Gift Certificate for Jorgensen Show - Jorgensen Center for the Performing Arts
- ★ Various Tickets to Football, Basketball and Hockey Games - Athletics
- ★ One-month Membership Pass - Hawley Armory Fitness & Wellness Center and many more...

Assessments & Activities

- Financial Bingo
- Hearing Screening
- Plinko
- Posture Analysis
- UConn Police K9 Facility Dog Demos and more...

Check Out: www.hr.uconn.edu/worklife-month-expo/ for complete details