

# National Work & Family Month - October Events

## MONDAY

**10th & 17th**

**FREE Hawley Armory Fitness & Wellness  
Strength Circuits w/Sheila**  
12:00 noon - 12:45 pm  
Hawley Armory Gym

**17th**

**Setting Financial Goals: Q&A with Tom Shepherd**  
12:00 noon - 1:00 pm  
Microsoft Teams

## TUESDAY

**4th**

**Barre Class**  
12:15 pm - 1:00 pm  
UConn Recreation - Mind Body Studio

**11th & 18th**

**FREE Hawley Armory Fitness & Wellness  
30-Minute Bootcamp w/Julie**  
12:00 noon - 12:30 pm  
Hawley Armory Gym

**Unlock the Secret to Financial Well-being**

12:00 noon - 1:00 pm  
Microsoft Teams

**18th**

**Your Plan for Retirement: Q&A with Tom Shepherd**  
12:00 noon - 1:00 pm  
Microsoft Teams

**25th**

**Monthly Mindfulness Series: Mindfulness for  
Emotional Strength**  
12:00 noon - 12:30 pm  
Microsoft Teams

## WEDNESDAY

**12th & 19th**

**FREE Hawley Armory Fitness & Wellness  
Yoga w/ Blanche**  
12:00 noon - 12:45 pm  
Hawley Armory Gym

**19th**

**College Benefits Group Info Session**  
12:00 noon - 1:00 pm  
Microsoft Teams

## THURSDAY

**6th**

**Understanding Personal Emotional Triggers**  
12:00 noon - 12:30 pm  
Microsoft Teams

**13th**

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

**Flu Vaccination Clinic**

9:00 am - 3:00 pm  
Student Union Room 304

**13th & 20th**

**FREE Hawley Armory Fitness & Wellness  
Barre Above w/ Julie**  
12:00 noon - 12:45 pm  
Hawley Armory Gym

**20th**

**Staying Optimistic - Conquering Negative Thoughts**  
12:00 noon - 12:30 pm  
Microsoft Teams

**27th**

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

**How Healthy is Your Home?  
A UConn Extension Webinar**

12:00 pm - 1:00 pm  
Microsoft Teams

## FRIDAY

**14th & 21st**

**FREE Hawley Armory Fitness & Wellness  
Yin Yoga w/ Laina**  
12:00 noon - 12:45 pm  
Hawley Armory Mat Room

## SATURDAY

**15th**

**Habitat for Humanity Build Day**  
8:30 am - 2:30 pm  
Norwich, CT

# Work/Life expo

Thursday, October 13  
10:00 pm - 2:00 pm  
Student Union Ballroom



The expo features 30+ participants focusing on:

- UConn & Community Resources & Services
- Health & Wellness
- Employee Benefits
- Childcare
- and more...

Door  
Prizes

Drinks and Snacks  
Courtesy of  
Dining  
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 Day with Habitat for Humanity**

Volunteering with Habitat is easy and it's an  
enjoy-able and rewarding way to give back.

**Saturday, October 15, 2022**

### 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!

for additional information go to:  
[www.habitatct.org](http://www.habitatct.org)

Check Out: [www.hr.uconn.edu/worklife-month-expo/](http://www.hr.uconn.edu/worklife-month-expo/) for complete details