

HR Monthly Digest

www.hr.ucr.edu

December 2011

Events & Announcements

Work/Life - Employee Discount!

[Up to 23% Discount at See's Candies Holiday Shop](#)

Show your UCR ID card or pay stub and receive a discount of up to 23% on any quantity from now through 12/24/11 at the See's Candies Holiday Shop located at 1960 Chicago Ave. For details, see the See's Candies discount under "Shopping" on the [Work/Life & Wellness UCR Discounts page](#).

Hours are:

M-F: 9:00 a.m. - 6:00 p.m.

Sat: 10:00 a.m. - 5:00 p.m.

Sun: 11:00 a.m. - 5:00 p.m.

Workplace Health and Wellness

[BeWell Newsletter](#)

[MobileFit Program begins the week of January 9th, 2012](#)

The MobileFit program is available for all faculty and staff who are interested in participating in a convenient on-site fitness program to improve overall health and wellness. The goal of this program is to reduce the risk of musculoskeletal injuries by increasing body awareness, improving core strength and stability, improving coordination and reaction time, and increasing flexibility

For more information, [click here](#).

[Start 2012 in a healthy way... Participate in the Healthy BINGO Challenge!](#)

The Healthy BINGO Challenge is a month long challenge that encourages you to incorporate healthy habits into your daily routine. The challenge habits encompass the seven dimensions of wellness including: environmental, physical, emotional, intellectual, spiritual, social, and occupational. As you complete each healthy habit, you fill in your BINGO card to earn rewards. Kick off will be held on Tuesday, January 23rd from 12:15 pm – 12:45 pm in HUB 355. More information will be sent in January.

[Visit our HR Blog](#)

Benefits

Theron Lyon

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Total Compensation

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Staff Employment & Development

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Policy & Programs

Heidie Rhodes

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Workplace Health and Wellness

Marsha Marion

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Staff Employment & Development

Veterans and Military Members Networking Luncheon

This informal event will provide an opportunity for veterans and members of the military within the UCR campus community to connect and network.

To read a full description and enroll, login to the [UC Learning Center](#).