

HR Monthly Digest

www.hr.ucr.edu

January 2012

Events & Announcements



Workplace Health and Wellness

[BeWell Newsletter](#)

MobileFit Program begins January 9, 2012 through March 23, 2012

Join a MobileFit group or start your own!

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 24 from 12:15 pm – 12:45 pm in HUB 355.**

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

Take Your StayWell Health Assessment to earn your \$100 incentive!

UC will provide a \$100 gift certificate to each eligible employee and retiree and a \$50 gift certificate to eligible spouses/domestic partners who complete the Health Assessment and follow-up program. It is recommended that you take your health assessment as early as possible to allow enough time to earn your reward.

For more information [click here](#).

Staff Employment & Development

MEI: Allies Safe Zone Seminar, January 27, 2012 & February 10, 2012

The seminar includes a panel of LGBT students which will provide the opportunity to discuss LGBT issues.

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

[Visit our HR Blog](#)

Benefits

Theron Lyon
lyon@ucr.edu

Total Compensation

Cynthia Seneriz
cynthiaa@ucr.edu

Staff Employment & Development

Sue Anderson
sueb@ucr.edu

Labor Relations

Jadie Lee
jadiel@ucr.edu

Policy & Programs

Heidie Rhodes
heidier@ucr.edu

Workplace Health and Wellness

Marsha Marion
marsha@ucr.edu

[Moving Toward Multicultural Competence, February 16, 2012](#)

Through a combination of lecture and exercises this highly interactive, introductory workshop develops the awareness, knowledge, and skills needed to promote diversity throughout UCR in general and within our units and organizations in particular.

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

[Communicating for Understanding, February 23, 2012](#)

Through theory and skills practice, this workshop introduces participants to the general process of communication along with its possible disruptions, and teaches a communication method designed to avoid those disruptions and enhance dialogue among members of diverse populations.

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