

HR Monthly Digest

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November 2011

Events & Announcements

Benefits

Fidelity Investments Workshops

UC is sponsoring several financial and retirement education classes conducted by Fidelity Retirement Services to help employees learn about investing for retirement and the steps they can take to help ensure retirement readiness.

Please visit the [At Your Service](#) website for the full list of [Fall 2011 Financial Education Classes for UC Riverside](#).

Workplace Health and Wellness

[BeWell Newsletter](#)

Wellness Statement of Support from Timothy P. White, Chancellor

Timothy P. White, Chancellor issued a statement of support to endorse wellness for the entire UCR campus community!

To view the statement, [click here](#).

Great American SmokeOut - Thursday, November 17, 2011

The UCR campus community will be providing tobacco cessation materials and resources for yourself, family members, friends or co-workers looking to quit. Please stop by the Bell Tower on November 17 between 11am – 1 pm.

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

Work/Life Program: Lactation Accommodation Program Recognition

The University of California, Riverside Work/Life Program has been awarded the designation of [“Breastfeeding Friendly Employer”](#) by the Riverside County Department of Public Health Women, Infants and Children (WIC) Program Lactation Services Program. This success demonstrates UCR’s commitment to providing an environment for its employees to achieve a balanced work and family life.

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

[Visit our HR Blog](#)

Benefits

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Staff Employment & Development

Getting Through the Holidays with Less Stress

Thursday, November 17, 2011

Please join Sam Vickery from our Faculty and Staff Assistance Program as he talks about how we can maximize the joy in the holidays and limit the stress and the anxiety.

For a detailed description and enrollment instructions, [click here](#).

Maximizing Generational Diversity

Thursday, December 1, 2011

For the first time in the American workplace, workers span four generations. This workshop explores tools that can enhance the productivity in a multi-generational workplace.

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