



STUDY, WORK & LIVE.

# STAY WELL WEBINAR SERIES

Summer 2020

The Coronavirus (COVID-19) has changed our lives in every way and has challenged us like never before. As we continue to deal with this pandemic and its aftermath, we also need to prioritize both our physical and mental health and well-being in order to stay strong and well.

As part of our commitment to the health and well-being of our campus community, UCR Healthy Campus and the Faculty/Staff Wellness Program will be offering a webinar series with expert leaders to provide us with information, tools, and resources, as we transition back to normalcy.

Please feel free to sign up for any of the webinars below and share with others.

## NAVIGATING MARKET VOLATILITY

This webinar will discuss what is happening in the markets, the importance of having a financial plan and staying the course, how to avoid common money pitfalls, six things you can do right now with your money and investments, and resources available to UC employees.

Thursday, June 4, 12pm - 1pm  
Join us virtually on Zoom: [Register Here](#)

## CREATING SUSTAINABLE HEALTHY EATING BEHAVIORS

This webinar will discuss planning, shopping, saving and cooking healthy at home. We will share recipes and discuss how creating goals will help increase motivation which leads to better results in achieving lasting change.

Thursday, June 25, 12pm - 1pm  
Join us virtually on Zoom: [Register Here](#)  
Meeting ID: 927 1085 2476  
Password: 006741

## FITTING IN FITNESS

This webinar will discuss ways to stay active during the day and while at home or at work, inexpensive ways to fit in fitness, and include an interactive stretching portion.

Thursday, July 9, 12pm - 1pm  
Join us virtually on Zoom: [Register Here](#)  
Meeting ID: 947 6884 3649  
Password: 018257

## MENTAL HEALTH

This webinar will discuss the impact that COVID 19 has had on our personal and professional lives and strategies to deal with the challenges associated with the new normal. Participate in an interactive portion where participants can share ideas and resources with one another.

Thursday, July 30, 12pm - 1pm  
Join us virtually on Zoom: [Register Here](#)  
Meeting ID: 994 2478 4019  
Password: 023368

