Welcome to Today’s Webinar!

This event will begin at 12:00 pm PST.
Opening Remarks
Co-chairs: Ann Cheney & Julie Chobdee

Recordings of this webinar presentation will be available in our website:

https://healthycampus.ucr.edu
If you have a question for the presenters, please type it in the Q&A. Questions will be answered at the end of the webinar.
Agenda

► Presentation
► Question and Answer Session
Today’s Presenters:

Julie Chobdee, MPH, UCR Wellness Program Coordinator and Co-Chair, UCR Healthy Campus

Michelle Sansone, MS, UCR Assistant Director - FitWell

Jacqueline Leslie, MPH, UCR Wellness Program Specialist

Ed Marchall, ATC, UCR Occupational Wellness Specialist and WorkStrong Coordinator

Dr. Clyde Blackwelder, Ergonomic Specialist
Resources For Students, Faculty and Staff

- Healthy Campus
  https://healthycampus.ucr.edu/

- Faculty/Staff Wellness Program
  https://hr.ucr.edu/about-us/workplace-health-wellness/wellness

- Recreation
  https://recreation.ucr.edu/

- WorkStrong
  https://hr.ucr.edu/about-us/workplace-health-wellness/workstrong

- Ergonomics
  https://hr.ucr.edu/about-us/workplace-health-wellness/ergonomics

Webinar recording links:
https://healthycampus.ucr.edu
Upcoming Webinars

Join us!

Webinar #3: Taking Care of Your Mental Health during COVID-19
► When: Tuesday, April 21, 2020 from 12:00 p.m. - 1:00 p.m.

Webinar #4: Thinking About Students’ Social and Emotional Health in COVID-19
► When: Tuesday, April 28, 2020 from 12:00 p.m. - 1:00 p.m.
Thank you for joining us!