2019 Motivate Me Incentive Opportunities

Throughout the year

Personal Training Sessions – Physical Dimension
As scheduled.

Massage Therapy Sessions – Emotional Dimension
As scheduled.

Mindful Mondays – Emotional Dimension
Wilton Center: Interfaith Prayer Room: Mondays from 12-1pm

Employee Assistance Program (EAP) Webinars – Intellectual Dimension
The EAP offers multiple webinars on wellness topics every month. Access all webinars (including past webinars on demand) at www.Cigna.com/EAPWebcasts.

TIAA offers multiple webinars on financial topics every month. Access all webinars (including past webinars on demand) at www.TIAA.org/webinars.

January 2019

Food For Thought – Intellectual Dimension
Bust a Move in 2019...without Breaking Your Body: Tips and Techniques for a New Exercise
January 23 from 12-1pm in the Wilton Center, Multi-Faith Room

Food for Thought – Financial Dimension
Virginia Credit Union: Are You Financially Healthy?
January 31 from 12-1 pm in the Richmond Room, HDC

February 2019

Long Term Care Series: Alzheimer’s Association - Intellectual Dimension
February 5th from 12-1pm in the International Commons

Financial Wellness Series: Home Financing – Financial Dimension
February 14th from 12-1pm in the International Commons

UR Parenting Series: Family Law – Intellectual Dimension
February 21st from 12-1pm in the International Commons
March 2019

**Virginia Credit Union Partner Perks – Financial Dimension**
March 5th from 11am – 1pm in the GOTW Study Room E302

**5th Annual Wellness Fair: Let the Wellness Madness Begin! – Occupational Dimension**
March 21st from 9am-4pm

**Long Term Care Planning Series – Financial Dimension**
Navigating Senior Care
March 12th from 12-1pm in the Carole Weinstein International Commons

**UR Parenting Series – Intellectual Dimension**
Life Resources with Cigna
March 28th from 12-1pm in the Carole Weinstein International Commons

April 2019

**Food For Thought: Genetics and Genetic Counseling – Intellectual Dimension**
April 10th from 10-11am
Weinstein Center International Commons

**UR Parenting Series: Save Today for a Brighter Tomorrow - Virginia529 & Tuition Remission and Tuition Exchange – Financial Dimension**
April 24th from 12-1pm
Weinstein Center International Commons

May 2019

**Food For Thought: Mental and Behavioral Health – Intellectual Dimension**
May 1st from 12-1pm
Tyler Haynes Commons, Room 305

**Long Term Care Series: Open Forum - Intellectual Dimension**
May 7th from 12-1pm in Tyler Haynes Commons, Room 348

**Fleet Feet: Work fit Program – Physical Dimension**
May 20th in the Weinstein Center for Recreation Lobby

**Financial Wellness Series: "The Sandwich Generation" – Financial Dimension**
May 23rd from 12-1pm in the Carole Weinstein International Center Commons
June 2019

**Anthem Corporate Run (5K) – Physical Dimension (if running/walking) and Social Dimension (if cheering)**  
June 6th – 7pm: Innsbrook Office Park

June 13th from 12-1pm in the Westhampton Center Living Room

**33rd Annual Spider Classic Fishing Tournament – Social Dimension**  
June 15th - 7am-noon at the Westhampton Lake

July 2019

July 11th from 12-1pm in the Carole Weinstein International Commons

August 2019

**4th Annual Retirement Planning Session – (Open to Employees 40+ Only) - Financial Dimension**  
August 7th – 8:30am-4pm: Jepson Alumni Center

**Financial Wellness Session – Taxes in Retirement – Financial Dimension**  
August 28th from 12-1pm in the International Center Commons

September 2019

**Happiness Week 2019 – Occupational Dimension**  
August 29th – September 6th:  
8/29 – Red Zone Tent Employee Tailgate at UR Football Game  
9/3 – Ice Cream Truck Campus Visit  
9/4 – Sending Sunshine  
9/4 – The Power of Humor – Cigna EAP Luncheon  
9/5 – Caring Canines  
9/6 – Friday Fun Day

**Financial Wellness Session – Women and Investing – Financial Dimension**  
September 11th from 12-1pm in the Westhampton Center Living Room #101

October 2019
Open Enrollment Information Sessions – Intellectual Dimension
October 23 | 1:30 p.m. – 3 p.m. | Brown-Alley Room, Weinstein Hall
October 24 | 10 a.m. – 11:30 a.m. | Ukrop Auditorium, Robins School of Business
October 29 | 10 a.m. – 11:30 a.m. | Brown-Alley Room, Weinstein Hall
November 1 | 3 p.m. – 4:30 a.m. | Richmond Room, Heilman Dining Center

Financial Wellness Session – Legal Planning – Financial Dimension
October 22\textsuperscript{nd} from 12-1pm in the Westhampton Center Living Room

November and December 2019
TBD