



“I’m Okay. You’re Okay.” And if you’re okay . . . they *will* be okay. Why not take time this summer to focus on YOUR well-being? There are several opportunities to get personal guidance for your well-being goals. Why not schedule a one-on-one consultation with a financial advisor? Or work with a personal wellness coach? Or develop a personal mindfulness practice? See below for how to sign up for all these opportunities.

Financial Well-being

Register for an individual (online or phone) consultation with a professional financial coach. Our financial partners can look at your financial situation and help you develop goals for a secure future. Sign up for an appointment below.

Date	Vendor	Representative	Link for Appointment or Phone number
May 7,21, 22, 27 June 2, 3, 4, 5 July 27, 28, 29	TIAA	Jim Hogan	www.tiaa.org/schedulenow or call 1-800-732-8353
May 13 June 10	Fidelity	John Schulz	https://nb.fidelity.com/public/nb/USG/fort or call 1-800-642-7131
June 3 July 11	Valic/AIG	David Michaux	Schedule an appointment with an AIG advisor or call 770-395-4780

Attend a financial education workshop. Register through the Professional Education Portal at www.pep.uga.edu

- **What now? How to Manage your Finances During a Down Economy** presented by Ken Chranowski from the Georgia United Credit Union. This one-hour workshop will be offered on 3 different dates: **May 13, June 10 and July 15.**
- **Navigating Markey Volatility** presented by Cary Bushman from Fidelity Investment on **May 26, 2 p.m.**

Health/Physical Well-being

Work with a personal health and wellness coach this summer! A personal coach can work with you to identify wellness goals and then help you overcome obstacles to achieve them. If you have tried improving your health on your own, but haven't been able to get any traction, this may be just what you need. The coaching is FREE and available to all employees regardless of insurance coverage. **Attend a virtual information session on May 27 at 1 p.m. or May 28 at 11 a.m.** to learn how to sign up and beginning taking charge of your health! Register for the information session through the Professional Education Portal at www.pep.uga.edu.

Mental/Emotional Well-being

Begin a personal, daily mindfulness practice. Mindfulness is key to learning, living, and leading in this time. Have you wondered what "mindfulness" is all about and why it is so critical? And how do you get started with a mindfulness practice? Sign up for a **Koru Mindfulness and Meditation** session this summer and receive hands on training on how to start a daily mindfulness practice. This class is a 4-week course which meets (online) once per week. Those that register will get access to a free mobile app which will provide daily assistance with your mindfulness practice. Three sessions are being offered this summer. Register through the Professional Education Portal at www.pep.uga.edu.

- Session 1: Thursdays beginning May 14 – June 4, from 1:30 – 2:30 p.m.
- Session 2: Tuesdays, beginning June 2 – June 23, from 3:30 – 4:30 p.m.
- Session 3: Wednesdays, beginning July 8 – July 29, from 9:30 – 10:30 a.m.

Kizmet S. Adams, J.D.

Human Resources Training & Development
Human Relations & Well-being

315 South Thomas St.
 Athens, GA 30602

p: [706-542-7319](tel:706-542-7319)
 e: wellbeing@uga.edu
 w: training.uga.edu

