

Attention: UCR Expectant Parents

Presented by:

Human Resources

Benefits, Wellness & Work/Life

*You are cordially invited to attend our
Expectant Parents Workshops Series*

Workshop Title & Time	Learn About
<p><u>Part 1 - Disability Benefits Workshop</u> Date: Thursday, December 11, 2008 Time: 9:00 a.m.-12:00 p.m. Place: Human Resources, Employee Development Center (EDC)</p>	<ul style="list-style-type: none">•Benefit Premiums•Catastrophic Leave•Disability Benefits•Leave of Absence (PDL, FML & CFRA)•Medical Plans & Resources
<p><u>Part 2 - Pre/Post Natal Workshop</u> Date: Wednesday, February 25, 2009 Time: 10:00 a.m.-12:00 p.m. Place: Human Resources, Employee Development Center (EDC)</p>	<ul style="list-style-type: none">•Fitness before, during & after pregnancy•Nutrition•Exercise Demo•Meal Planning
<p><u>Part 3 – Balancing Baby & Work</u> Date: Wednesday, April 22, 2009 Time: 10:00 a.m.-12:00 p.m. Place: Human Resources, Employee Development Center (EDC)</p>	<ul style="list-style-type: none">•Childcare Resources•Flexible Schedules•Tips on finding time for Baby, Work & Yourself

RSVP: <http://hrtraining.ucr.edu> (under "Benefits")

Please bring your Disability Packet, otherwise one will be provided.

Raffle Prizes!



Raffle Prizes!