

Human Resources is providing Live Wise, Live Well to assist the campus community in managing through the challenges brought on by the current economic climate. This workshop series will help you better manage change, stress, time and finances!

The Live Wise, Live Well sessions will include:

- One hour workshops scheduled from 12 noon – 1pm starting August 2009.
- All sessions will be held in the Human Resources Employee Development Center (EDC)
- Sessions will be coordinated by Education and Development and the Wellness Program for Academic and Staff.

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Human Resources is  
HeRe to Help YOU.

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## Live Wise, Live Well

Series of workshops to support your physical and emotional well-being

To enroll, visit  
<http://hrtraining.ucr.edu>

### Live Wise, Live Well Workshop series includes:

#### From Education and Development:

- Radiating Possibilities – Maintaining a Positive Attitude (August 13)
- Managing Change (Sept 17)
- Gaining Perspective – How to Identify What Really Matters (Oct 8)
- Making Every Minute Count – A Crash Course in Time Management (Nov 12)

#### From the Wellness Program:

- The Power of the Paycheck: Budgeting 101 (August 27)
- What's Eating You? Emotional Eating seminar (Sept 24)
- Healthy Eating and Exercise on a Budget (Oct 22)
- Surviving Holiday Stress (Nov 12)
- Sleep Well (Dec 10)

The goal of this series is to support all academic and staff members as they adjust to the changes in the work environment brought on by the economic climate. **Look for announcements each month with the specific date, time, location and workshop topics.**

*Providing you with the tools, resources, and support to Live Wise, Live Well during these challenging times!*

### For more information contact:

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