**Week of Wellness**
Co-sponsored by the Staff Advisory Committee and Human Resources

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**Friday, Oct. 12, 2018**

**Football Pep Rally and Walk the Rice Mile**
Noon–1 p.m.
Academic Quad
Meet at Willy’s Statue
Featuring the Rice Football Team

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**Monday, Oct. 15, 2018**

- **Managing Your Medical/Dental Claims**
  10–11 a.m.
  Cambridge Office Building – C114
  Presented by Aetna
  You must RSVP at https://signup.rice.edu/Aetna/.

- **Yoga on the Lawn**
  Noon–1 p.m.
  Central Quad
  Instructor: Ash Lauderdale
  Bring a yoga mat.

- **What’s What About Carbs**
  1:30–2 p.m. and 2–2:30 p.m.
  Meyer Conference Room
  Ley Student Center
  Presented by Health Fitness
  You must RSVP for the 1:30 p.m. session at https://signup.rice.edu/HealthFitness1/.
  You must RSVP for the 2 p.m. session at https://signup.rice.edu/HealthFitness2/.

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**Tuesday, Oct. 16, 2018**

- **Backup Care for Adults and Children**
  10–11 a.m.
  Meyer Conference Room
  Ley Student Center
  Presented by Bright Horizons
  You must RSVP at https://signup.rice.edu/BrightHorizons18/.

- **Outdoor Training Camp**
  11 a.m.–Noon
  North of the Rec Center
  along Alumni Drive
  Wear exercise attire and shoes
  Presented by Gibbs Recreation Center

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**Wednesday, Oct. 17, 2018**

- **Social Security Online**
  9–10 a.m.
  Meyer Conference Room
  Ley Student Center
  Presented by Social Security Administration
  You must RSVP at https://signup.rice.edu/SSA18/.

- **Home Loans with Smart Financial**
  10–11 a.m.
  Second-Floor Conference Room
  Ley Student Center
  Presented by Smart Financial
  You must RSVP at https://signup.rice.edu/Smart18/.

- **Week of Wellness Fair**
  11 a.m.–2 p.m.
  Grand Hall
  Rice Memorial Center
  Presented by on and off-campus vendors. Come one, come all!

- **Yoga on the Lawn**
  5:30–6:30 p.m.
  Central Quad
  Instructor: Ash Lauderdale
  Bring a yoga mat.

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**Thursday, Oct. 18, 2018**

- **Real Appeal**
  10–11 a.m.
  Cambridge Office Building – C116
  Presented by the Rice Benefits Office
  You must RSVP at https://signup.rice.edu/Realappeal/.

- **Tai Chi**
  Noon–1 p.m.
  “The Demon in the Diagram” exhibition by Matthew Ritchie
  Brown Foundation Gallery
  Moody Center for the Arts
  Space is limited. RSVP to aml18@rice.edu.

- **A Teachable Moment**
  2–3 p.m.
  Cambridge Office Building – C112
  Presented by Stroke Transitions Education and Prevention (STEP) Program at McGovern Medical School
  You must RSVP at https://signup.rice.edu/UTP/.

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**Friday, Oct. 19, 2018**

- **Stress Management – The Joy of Humor**
  10–11 a.m.
  Cambridge Office Building – C116
  Presented by UTEAP
  You must RSVP at https://signup.rice.edu/UTEAP18/.

- **411 On College Savings**
  Noon–1 p.m.
  Cambridge Office Building – C112
  Presented by TIAA
  You must RSVP at https://signup.rice.edu/TIAA18/.

- **Meditation**
  12:10–12:30 p.m. and 12:40–1 p.m.
  “Particle Chamber” exhibition by Leo Villareal
  Moody Center for the Arts
  Space is limited. RSVP to rg43@rice.edu.

- **Pre-diabetes and Prevention**
  2–3 p.m.
  Cambridge Office Building – C114
  Presented by Baylor College of Medicine
  You must RSVP at https://signup.rice.edu/Baylor/.

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For additional information, please contact Verónica Villaseñor at vdv@rice.edu or 713-348-3557.