

Week of Wellness Schedule

Co-sponsored by the Staff Advisory Committee and Human Resources



Monday, Oct. 17, 2016

- **Flu Shots (walk-in)
Health Screenings (by appt.)**
7 a.m.–3 p.m.
Grand Hall, RMC
Provided by Health Fitness
- **Walk the Rice Mile**
2 p.m.
In front of Tudor fieldhouse
Provided by Athletics

Tuesday, Oct. 18, 2016

- **Back-up Care and Family Support Presentation**
10–11 a.m.
Second-floor conference room
RMC
Presented by Bright Horizons
- **The Nirvana Sessions**
12:10–12:30 p.m.
Rice Memorial Chapel
Provided by the Recreation and Wellness Center
- **Money at Work Presentation (presentation in Spanish)**
1–2 p.m.
FE&P training room
Presented by TIAA
- **Back-up Care and Family Support Presentation**
2–3 p.m.
Second-floor conference room
RMC
Presented by Bright Horizons
- **Rice Farmer's Market Tours**
Tours by Rice chefs
3:30 p.m., 4 p.m., 4:30 p.m.,
5 p.m., 5:30 p.m.
Rice Stadium Lot
Provided by Housing & Dining

Wednesday, Oct. 19, 2016

- **Health Screenings (by appt.)**
9–11 a.m.
Grand Hall, RMC
Provided by Health Fitness
- **Week of Wellness Fair**
11 a.m.–3 p.m.
Grand Hall, RMC
On- and off-campus vendors
- **Flu Shots (walk-in)
Health Screenings (by appt.)**
11 a.m.–3 p.m.
Grand Hall, RMC
Provided by Health Fitness
- **Paying Yourself: Income Options in Retirement**
11–11:45 a.m.
Second-floor conference room
RMC
Presented by TIAA
- **Social Security Review and Online Services**
Noon–12:45 p.m.
Second-floor conference room
RMC
Presented by the Social Security Administration
- **Fundamentals of Retirement Planning**
1–1:45 p.m.
Second-floor conference room
RMC
Presented by Fidelity
- **Retire Your Idea of Retirement**
2–2:45 p.m.
Second-floor conference room
RMC
Presented by UTEAP

• Yoga on the Lawn

5:30–6:30 p.m.
Lawn in front of Brochstein Pavilion
Provided by the Recreation and Wellness Center

Thursday, Oct. 20, 2016

- **Flu Shots (walk-in)
Health Screenings (by appt.)**
7 a.m.–3 p.m.
Grand Hall, RMC
Provided by Health Fitness
- **Careers at Rice**
10–11 a.m.
Miner Lounge, Ley Student Center
Presented by Rice University Compensation
- **Sugar, Stress and You**
11 a.m.–noon
Second-floor conference room
RMC
Presented by UTEAP
- **The Nirvana Sessions**
12:10–12:30 p.m.
Rice Memorial Chapel
Presented by Recreation and Wellness Center

Friday, Oct. 21, 2016

- **Preventive Schedules, Tips On Talking With Your Doctor and Disease Management**
10–11 a.m.
Second-floor conference room
RMC
Presented by Aetna

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