

# Week of Wellness

Co-sponsored by the Staff Advisory Committee and Human Resources



## Monday, Oct. 14, 2019

- **A Conversation With Rice's New Executive Director for Institutional Equity and EEO**  
Noon–1 p.m.  
Duncan Hall Conference Room 3092  
Presented by Richard Baker
- **Yoga on the Lawn**  
Noon–1 p.m.  
Central Quad  
After yoga, join us for lemongrass honey tea by Snow Topi (first come, first served)  
Presented by Julia Amborski
- **Maximize Social Security in Your Retirement Strategy**  
2–3 p.m.  
Cambridge Office Building–C112  
Presented by Fidelity  
RSVP: [signup.rice.edu/Fidelity19](http://signup.rice.edu/Fidelity19)

## Tuesday, Oct. 15, 2019

- **Work-Life Balance Strategies That Work!**  
10–11 a.m.  
Cambridge Office Building–C112  
Presented by UTEAP  
RSVP: [signup.rice.edu/UTEAP19](http://signup.rice.edu/UTEAP19)
- **Tai Chi**  
Noon–1 p.m.  
Central Quad  
Presented by Kai Lewis
- **Expert Medical Services**  
2–3 p.m.  
Meyer Conference Room  
Ley Student Center  
Presented by Best Doctors  
RSVP: [signup.rice.edu/BestDoctors](http://signup.rice.edu/BestDoctors)
- **Rice University Farmers Market**  
4:30–5:30 p.m. — Free chair massages  
5:30 p.m. — Chef demo  
Reggae music  
Entrance 16 off of Rice Boulevard

## Wednesday, Oct. 16, 2019

- **Health Screenings (By Appointment) and Flu Shots (Walk-In)**  
8 a.m.–2 p.m. (closed 10–11 a.m.)  
Grand Hall  
Rice Memorial Center  
Presented by Health Fitness
- **Week of Wellness Fair**  
11 a.m.–2 p.m.  
Grand Hall  
Rice Memorial Center  
Presented by on- and off-campus vendors
- **Yoga on the Lawn**  
5:30–6:30 p.m.  
Central Quad  
Presented by Julia Amborski

## Thursday, Oct. 17, 2019

- **Health Screenings (By Appointment) and Flu Shots (Walk-In)**  
8 a.m.–1 p.m.  
Farnsworth Pavilion  
Rice Memorial Center  
Presented by Health Fitness
- **Healthy Choices**  
10–11 a.m.  
Meyer Conference Room  
Ley Student Center  
Presented by MD Anderson  
RSVP: [signup.rice.edu/MDAnderson](http://signup.rice.edu/MDAnderson)
- **BCycle the Rice Campus**  
Noon–1 p.m.  
Starts at BCycle station at Cambridge Office Building  
Presented by BCycle  
RSVP: [lisa.lin@rice.edu](mailto:lisa.lin@rice.edu)
- **Roth 403(b)! Maximizing Savings and Tax Diversification Strategies**  
1–2 p.m.  
Cambridge Office Building–C114  
Presented by Fidelity  
RSVP: [signup.rice.edu/Fidelity403b19](http://signup.rice.edu/Fidelity403b19)

- **Elder Care**  
12:30–1:30 p.m.  
Cambridge Office Building–C112  
Presented by Bright Horizons  
RSVP: [signup.rice.edu/eldercare1](http://signup.rice.edu/eldercare1)
- **Elder Care**  
2–3 p.m.  
Cambridge Office Building–C112  
Presented by Bright Horizons  
RSVP: [signup.rice.edu/eldercare](http://signup.rice.edu/eldercare)

## Friday, Oct. 18, 2019

- **Health Screenings (By Appointment) and Flu Shots (Walk-In)**  
8 a.m.–1 p.m.  
Farnsworth Pavilion  
Rice Memorial Center  
Presented by Health Fitness
- **Medicare 101**  
9–10 a.m.  
Cambridge Office Building–C110  
Presented by Michele Feagin  
RSVP: [signup.rice.edu/medicare](http://signup.rice.edu/medicare)
- **Your Path to Well-Being**  
10–11 a.m.  
Meyer Conference Room  
Ley Student Center  
Presented by Aetna  
RSVP: [signup.rice.edu/Aetna20](http://signup.rice.edu/Aetna20)
- **Medicare 101**  
11 a.m.–noon  
Cambridge Office Building–C110  
Presented by Michele Feagin  
RSVP: [signup.rice.edu/medicare1](http://signup.rice.edu/medicare1)
- **Getting a Head Start: A Step-by-Step Overview of Your Plan**  
1–2 p.m.  
Meyer Conference Room  
Ley Student Center  
Presented by TIAA  
RSVP: [signup.rice.edu/TIAA20](http://signup.rice.edu/TIAA20)

For additional information, please contact Verónica Villaseñor at [vdv@rice.edu](mailto:vdv@rice.edu) or 713-348-3557.

Healthy  RICE. Healthy Life.