WEEK OF WELLNESS

MONDAY, OCT. 19, 2015

UTEAP presents “Essentials of Managing Your Stress”
Location: McMurtry Auditorium, Duncan Hall
Time: 1–2 p.m.

In this 45-minute seminar, you will learn the simple physiology of what stress is and how to overcome it using exercise, breathing, visualization, meditation and affirmations. It’s not what we know; IT’S WHAT WE DO THAT COUNTS! Curious? Come find out how to better manage stress.

TUESDAY, OCT. 20, 2015

Aetna Presents — Disease Management
Location: Second-floor Conference Room, RMC
Time: 9–10 a.m.

If you or a family member has one of the following chronic conditions:

- Asthma
- Cancer
- Childhood Disease
- Diabetes
- Heart Disease
- High Blood Pressure

Come learn how Aetna can help you understand the condition and better care for yourself and your loved ones. Aetna will also provide information on the Informed Health Line and our Concierge Customer Services that are available.

Yoga on the Lawn — Certified yoga instructor, Julia Amborski, will lead us in a gentle yoga practice.
Location: Turrell Skyspace Lawn (behind Shepherd School)
Time: Noon–12:45 p.m.

Julia Amborski will lead us through a 45-minute session of gentle stretching, meditation and relaxation. Please join us and bring a yoga mat if you have one.

WEDNESDAY, OCT. 21, 2015

Fourth Annual Rice Financial Fair
Location: Grand Hall, RMC
Time: 11 a.m.–3 p.m.

Rice University offers its faculty and staff a variety of financial benefits that can help balance overall well-being. How can Rice’s off-campus partners such as TIAA-CREF, Fidelity, Social Security Administration and Rice’s benefits team help you reach your retirement and financial goals? Only one way to find out. Come to the Fourth Annual Rice Financial Fair.

THURSDAY, OCT. 22, 2015

Walk the Inner Loop With President Leebron
Location: Allen Center
Time: 1:30–2:30 p.m.

Please join President Leebron and other respected Rice leaders on a walk around our beautiful campus. Grab your comfy shoes and meet on the inner loop side of Allen Center at 1:30 p.m.

FRIDAY, OCT. 23, 2015

Mind Your Health — Healthy Lunches
Information Session, presented by Rosie Gonzalez, Wellness Manager
Location: Kyle Morrow Room, Fondren Library
Time: 10–11 a.m.

This seminar focuses on the key strategies to plan for a healthy lunch and to make the most of your midday break. You will learn simple tips for packing a healthy lunch, ideas for eating out sensibly, and ways to make your lunch break healthy and enjoyable.

Attend the Week of Wellness events for a chance to win a Fitbit fitness tracker!