LE MOYNE

SPIRIT. INQUIRY. LEADERSHIP. JESUIT.

OFFICE OF HUMAN RESOURCES

2012-2013 Wellness Series

The sessions will be held in the Bernat Special Events Room. They free and open to all Le Moyne employees and faculty. Please feel free to bring a bag lunch and enjoy the sessions. RSVP here.

Tuesday, Oct 9	12:30-1:30pm	Nutrition – Awesome Omega-3's!
Tuesday, Nov 13	12:30-1:30pm	Taking a Quarter Turn
Tuesday, Jan 8	12:30-1:30pm	Spiritual Wellness Session
Tuesday, Feb 12	12:30-1:30pm	Understanding Medicare
Tuesday, March 12	12:30-1:30pm	"Money on My Mind"
Tuesday, April 9	12:30-1:30pm	Fraud & Identity Theft Seminar
Tuesday, May 14	12:30-1:30pm	Getting Started on a Workout Routine – Setting Realistic Goals

Upcoming Events

1. Tuition Exchange Program & FACHEX Information meeting
Tuesday, Sept. 18 9:30-11am & 1:30-3pm Reilley Room

Presented by the Office of Financial Aid and the Office of Human Resources. Topics to be discussed include:

- -Eligibility for the programs
- -Value of the benefit
- -Program limitations
- -Participating Colleges and Universities
- -Application process

2. Fall Festival
Thursday, Sept. 27 3:30-6pm in front of the Panasci Chapel

3. Mark your calendars for this year's Benefit & Wellness Fair!
Wednesday, Oct. 24 10:00am-2:00pm Grewen Aud & Foery Conference Rm

4. TIAA-CREF One-on-One Sessions
Thursday, September 20th; Tuesday, October 9th; Thursday, November 15th
Please call 1-800-732-8353 to schedule an appointment

5. TIAA-CREF Plan Enhancement Information Sessions
Tuesday, Oct 2, (11am, 2pm, 5pm) ; Thursday, Oct 4, (11am, 2pm) – Grewen Hall
Monday, Oct 15, (11am, 2pm) – Curtain Special Events Room
Wednesday, Oct 17 (11am, 2pm) – Performing Arts Center – Theater
Wednesday, Oct 17 (5pm) – SCA 101 – New Science Center

Items to Review

1. Retirement Plan Enhancements – effective January 1, 2013

September 2012

1. HR Wellness Series
2. Other Upcoming Events
4. Items to Review
5.Prostate Cancer Awareness Month

Congratulations

1 year: Chad Corcoran, Philip George, Gloria Heffernan, Nicole Weaver
5 years: Danielle Cross
15 years: Linda Cerio, Deb Stirpe
20 years: Fred Glennon
25 years: Bernard Arogyaswamy, Harjit Arora, Doug Egerton, Shawn Ward

Welcome

August 29/30, 2012
Kate Collier, admission counselor
Peter Nagle, security officer
September 2012
Meghan Barry, development assistant
Nicole Brown,
Kasha Godleski, associate dir for athletic advancement
Kate Hennigan,
Zachary Hisert,

Prostate Cancer Awareness Month

Do you know Prostate Cancer is the abnormal growth of cells in a man's prostate gland? It usually grows slowly and can take years to grow large enough to cause any problems. Most cases are treatable, because they are found with screening tests before the cancer has spread to other parts of the body. Visit www.excellus.com/members and click on Health & Wellness for information on High Blood Pressure and 6000+ other health topics.