

# 2020 Benefits and Wellness Fair to be hosted virtually



October 14, 2020

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Human Resources and University Recreation and Well-Being will host the 2020 Benefits and Wellness Fair with a mix of virtual and in-person activities on Wednesday, October 21.

Sponsored by the OU Credit Union, the event will feature a variety of engaging and educational sessions designed to help faculty and staff members to learn more about their benefits and ways to manage personal well-being in these changing and uncertain times.

Live virtual sessions, recorded sessions and fun mind/body activities are scheduled for the entire day, and employees are invited to participate at their convenience. A sneak peek at scheduled events includes:

- Live virtual financial wellness hosted by the OU Credit Union
- Live virtual meditation activities
- Live virtual and in-person group fitness classes
- In-person opportunities to interact with Fur Angel Therapy Dogs
- Recorded and live virtual sessions from benefit carriers including Priority Health, Blue Cross Blue Shield, Liberty Mutual, MetLife, Allstate, Delta Dental, Unum, Davis Vision and Basic
- Live virtual cooking demonstrations

- Live virtual art for self care
- Virtual appointments with UHR benefit representatives for personal benefit questions

Faculty and staff are encouraged to take advantage of as many sessions as possible, and prizes will be awarded to those with the highest levels of participation and engagement.

A flu shot clinic held in partnership with Alana's Foundation and the Visiting Nurses Association will take place at the Rec Center on from 11 a.m. to 1 p.m. on Tuesday, October 20. Appointments are required.

For additional information on all upcoming health and wellness activities, visit the **Rec Well** web section. Those with questions can also contact Rec Well Associate Director of Programs and Administration Becky Lewis at **lewis236@oakland.edu**.