



EMPLOYEE HEALTH & WELLNESS FAIR

SAVE THE DATE

Date: Wednesday, October 12, 2011
Location: Center for the Arts, 1P Atrium
Time: 10:00 AM-3:00 PM

Information is being provided in preparation for the annual New York City Fall Transfer Period.

- Health Plans (GHI, Aetna, HIP, CIGNA, EMPIRE)
- CUNY Worklife Program (EAP)
- Medicare
- Social Security Administration
- College Savings Plan (529)
- PSC/CUNY Welfare Fund
- Tax Deferred Annuities- DCP 457 plan, HRC, Metlife, TIAA CREF, Teachers Retirement System
- Blood Pressure Screening
- NYC Department of Health & Mental Hygiene
- ESCAPE Program- Bureau of Tobacco Control (Smoking Cessation)



Breakout Seminars

**There will be two 30-minute workshops in Bldg 1P Conference room

<u>Time:</u>	<u>Topic:</u>	<u>Presenter:</u>
12:00pm	Creating Happier Holidays -Stress Mgmt	TBD
1:00 pm	Managing Your Time at Work & Home	TBD

Sponsored by the Office of Human Resources

