MARCH 2016 UPDATE

Colorful Choices: A New Wellness Challenge is Coming Soon!
Colorful Choices is a six week, web-based nutrition program to encourage healthy eating patterns. No calorie counting, no fat gram tabulating, no weighing or measuring -- just easy-to-remember daily selections of colorful produce! Participants will set personal goals, compete with co-workers and have a chance to win prizes. Registration opens March 21.

- Watch the Colorful Choices Video to see how this program works
- Visit the website to learn more

National Walking Day
National Walking Day is Wednesday, April 6th. We are kicking off our spring walking group with a walk at Lullwater Preserve at 12:00 PM, on April 6th. Employees can visit our website to see a full list of all Emory-wide walks in support of this event for the American Heart Association. Use #NWDEmory to tag post and pictures on social media outlets. [http://fsap.emory.edu/events-workshops/national-walking-day.html](http://fsap.emory.edu/events-workshops/national-walking-day.html)

Blomeyer Fitness Center
Invite Blomeyer to speak at your next office meeting! They also offer a number of different seminars and offer membership specials to those in attendance. See attached flyer.

Work-Life Workshop: Understanding and Navigating Hospice
March 16, 2016
12:00 PM - 1:30 PM
School of Medicine, 190P
Registration Deadline: March 15, 2016
[https://apps.hr.emory.edu/register/details.jsp?event=517](https://apps.hr.emory.edu/register/details.jsp?event=517)

Emory Releases Annual Report
Emory President James Wagner presents the 2015 Annual Report: Emory Leads. [View the 2015 Annual Report.](#)

Biofeedback for Stress Management Workshop
Are you curious about how biofeedback helps with stress management? This workshop will introduce participants to the basics of biofeedback – the use of electronic monitoring devices to help regulate breathing, heart rate, blood pressure and temperature. Participants will be educated on the relationship between physical symptoms and overall experience of stress, and will be guided through techniques to monitor and change their body’s responses. Participants who attend will be able to schedule further opportunities to practice with the biofeedback equipment. Two sessions are available be pre-registration is required. Each session is limited to 10.

- Session 1: Thursday, April 14, 1:00 p.m. – 2:15 p.m. [Register now.](#)
• Session 2: Thursday, April 14, 2:30 p.m. – 3:45 p.m. Register now.

Location: 1762 Clifton Building, FSAP Conference Room, Suite 1100

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**Emory’s Annual Camp & Learning Expo 2016 a Huge Success**
Over seventy different summer programs participated in the event, including many of Emory’s own athletics, arts, and academic programs. The event was attended by several hundred employees from Emory, CDC, and Children’s Healthcare of Atlanta. The goal of the expo was to help parents discover their kids’ summer plans. This year’s expo had a variety of vendors from all of metro Atlanta. Read more.

**Save Money with Medical Plan Incentives**
If you are covered on the Emory medical plan you (and your spouse or partner) can save money on your medical expenses by taking action and doing things that help you live a healthy lifestyle. Begin by taking the Aetna Compass Online Health Assessment – this must be completed before any other incentives can be received.

- For more information about the 2016 incentives, click here.
- Watch a demo on how to take the health assessment

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**Learn More About Emory’s Juris Master (JM) program**
The Law School is hosting a special open house event for Emory Employees to learn more about Emory Law's juris master (JM) program. The JM is a 30-credit hour program that supplements your professional interests with the legal perspective and offers a range of concentrations you can customize to meet your needs. This event will include a brief welcome, a program overview and Q & A session. Someone will also be available to answer questions about the Courtesy Scholarship and additional scholarship opportunities for Emory Employees. Emory Law JM Information Session, Friday, March 25, 12:00 p.m. – 1:00 p.m., 1599 Building, Room 1.432, Atlanta, Georgia 30322. RSVP now.

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**Healthy Emory Resources**
Emory University faculty and staff have access to a wide variety of resources, programs and services to support them in their effort to live their healthiest. There are resources for preventive care, healthy eating, physical activity, stress management, and much more!

- View the Healthy Emory Resources

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**FSAP Grief and Loss Support Group** - will meet Thursdays, March 24 – April 28, 2016 (6 sessions), from 4:00 pm - 5:30 pm at the FSAP Main Office. To register, prospective participants must contact FSAP at 404-727-4328 no later than March 15 to schedule a pre-screening appointment. View flyer.
**College Dependents Can Study at Emory this Summer**

Did you know that your college dependent can study at Emory this summer using your courtesy scholarship? We offer summer classes on campus and online. To learn more about summer school opportunities and how to apply, visit www.summerschool.emory.edu.

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**Emory’s Pre-College Program Accepting Applications**

The Emory Pre-College Program is a summer academic program for high school students. It gives college-bound rising juniors and rising seniors an exciting glimpse of academic and residential life at a top-ranked national university.

High school students may explore topics with professors who are the leading experts in their fields, enroll in classes with college students, and earn transferable college credit. Two-week non-credit courses, three-week non-credit institutes and six-week credit courses are available.

Emory Pre-College students live together in a dorm on campus or within commuting distance with their families and participate in a variety of programs, activities, and excursions designed to prepare them for college life.

Dependents of employees may be eligible for the courtesy scholarship for credit courses. Check with your benefits specialist. Learn more at www.precollege.emory.edu.

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**Parenting and Work-Life Workshop**

Achieving a sense of work-life balance is often challenged after the birth or adoption of a child. There is often anticipation that a newborn will result in sleepless nights and a major adjustment to both family and perhaps work-life. This session will normalize the challenges many employee parents face, identify the resources often available, and provide strategies for preparing for the various stages of the parent-employee journey. March 18, 2016, 12:00 PM - 1:30 PM, Goizueta Business School, 201, Facilitator: Kim Callaway. Pre-registration required. Registration Deadline: March 17, 2016.