Get Ready to "Rock the Quad" on Friday, May 17th!

From The Emory Continuing Education Office:

- **Employee Discounts:** Enjoy exclusive offers on summer courses and events.
- **Learn More about Employee Incentives:** Discover how to earn rewards for completing specific activities or courses.
- **Find New Classes:** Explore a wide range of offerings to enhance your skills and knowledge.
- **Submit Your 2023 FSA Claims:** Submit your claims by the May 15 deadline to ensure you've maximized your out-of-pocket savings.

Health and Wellness:

- **Caffeine Free and Stress Free:** Discover tips for reducing stress and managing caffeine intake.
- **Join Move More:** Log your physical activity to help build a stronger sense of community.
- **Learn More about Move More:** Get started with easy steps to improve your physical activity.
- **Parent Peer Support:** Meet virtually with parents facing similar challenges.

Employee Resources:

- **Retirement Planning with Fidelity:** Learn strategies to plan for your future.
- **Register for the FSAP Refresh:** Join a workshop to refresh your retirement planning knowledge.
- **Join the Practicing Allyship Series:** Expand your understanding of allyship.
- **Intro to Diversity, Equity, and Inclusion:** Enhance your knowledge about diversity and inclusion.

**Steps to Submit Claims Online:**

1. Log in to your FSA account.
2. Choose how you want to provide documentation by upload, fax, or mail.
3. Enter the total eligible claims and non-reimbursable expenses that you paid out-of-pocket for.
4. Review your personal information and any changes.
5. Submit your eligible claims by June 6, 2024.

**There's still time to submit your 2023 FSA Claims.** Don't miss your opportunity to save on out-of-pocket expenses.

**Stay Connected:**

- Visit the [HR Events Calendar](#) for upcoming workshops and events.
- Stay tuned for more updates and resources on our website.

**Contact:**

elern@emory.edu

**Additional Links and Resources**

- [Emory Latinx Employee Resource Network (eLERN)](url)
- [HR Events Calendar](url)
- [Learn More and Register](url)