Refund From Stress: Registration Now Open

Use your unused credits from your class registration and bring them to the next level. Register for Emory University’s non-degree programs now and take courses that fit your schedule.

- 10% Discount on the Executive Presence for the Non-Executive (access via Bullseye Engagement)
- New Submission Form and Webpage. If you have items to submit to the newsletter, you can now use our new webpage!

**News You Can Use**

**Webinars, Workshops, and Training**

**Performance Review Deadline is August 31**

- Complete any three activities from the list below by August 31 to establish your goals for the upcoming performance review:
  1. Log into Self-Service, go into each menu item and update your information as needed.
  2. Go into the Just In Time guide and update your information.
  3. Sign and return the Just In Time guide by August 31.

**Sleep Better! Feel Better!**

Sleep Better! Feel Better! is a virtual program that involves doing a low-dose x-ray of the breasts. Individuals of average risk should consider getting a mammogram to detect signs of breast cancer.

**Healthy Emory**

- Did you know that October is Breast Cancer Awareness Month? Our Compliance and Risk Management team is offering a mammography program.
  - A mammogram is a screening test to detect signs of breast cancer.
  - Mammograms are considered preventive care and covered by most medical plans.
  - All benefits-eligible employees, spouses on an Emory medical plan, and pre-65 retirees on an Emory medical plan can participate.
  - Learn more about Emory’s Employee Resource Groups here.
  - Learn how to assess spending, take control of your budget, and understand your financial options here.

**Employee Resource Group Co-Chair Information Session**

- Interested in supporting research exploring treatments and prevention for diseases that don’t yet have a cure? Emory Continuing Education is offering special courses for non-degree seekers.
- Visit the Emory News Center for more upcoming programs and events.
- Questions? Contact LT Cashmere Miller, awest2@emory.edu.

**Emory Faculty and Staff**

- Monthly distribution of Employee Discounts and Benefits, and a reminder to establish running groups across Emory University and Healthcare Communities. Check out the website for details.

**Join a Running Group!**

- Become a Well-being Champion! Register for a running group.
- The Oﬀice of Talent Management and Development announces the return of the 2022 Emory Roll in Rollin’.
- Make sure your address and personal information are up to date by August 31.
  - If you are looking to get involved and motivate others, become a Well-being Champion!

**Retirement**

- Retirement: Make sure your address and personal information are up to date by August 31.
- If you are looking to get involved and motivate others, become a Well-being Champion!

**Changes**

- The Oﬃce of Talent Management and Development announces the return of the 2022 Emory Roll in Rollin’.
- Make sure your address and personal information are up to date by August 31.
- If you are looking to get involved and motivate others, become a Well-being Champion!

**News from Around Campus**

- To Add a New Pathway, go into the Just In Time guide and update your information.
- Sign and return the Just In Time guide by August 31.
- If you have items to submit to the newsletter, you can now use our new webpage.

**Useful Links**

- Pathways Center
- Kaiser
- Rollins School of Public Health
- Log in to Self-Service
- Make sure your address and personal information are up to date by August 31.
- If you are looking to get involved and motivate others, become a Well-being Champion!