How to balance your work and personal life in 2020

Maintaining a positive work-life integration is important for your productivity, happiness and health. To help you manage the many demands of your work and life, Emory offers many resources, programs and services. This WorkLife overview will define WorkLife, discuss major program areas and review how the WorkLife can assist you.

AARONNETTE MCFARLIN, Emory Worklife
MARY ELLEN EADY, Emory WorkLife

Is something going on with Mom & Dad?

As we head into the New Year we all want to focus on wellness for ourselves and our families. For some this may mean learning that we have to provide for or arrange care for our parents. Being plunged into the role of “caregiver” can be very overwhelming! This session will focus on the basics: recognizing the signs that older adults may need extra care, important legal documents and, how to choose care and understand caregiver benefits at Emory.

MARY ELLEN EADY, Emory WorkLife
JEANIE CHRISTIAN, Brannon Napier Elder Law
WEYMAN PERRY, Personal Care Inc.

The Third Pillar of Good Health: Sleeping Well

Most people understand the importance of a healthy and balanced diet as well as the need for regular exercise to maintain optimum physical condition. However, many adults often “short change” the importance of sleep in enhancing our brains and our bodies. We will discuss how much sleep you need, some tips on improving your sleep as well as assessing if you may have a sleep disorder that requires medical attention.

NANCY COLLOP, MD, Emory Sleep Center