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.

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.