COME TO THE 9th ANNUAL SIMPLY WELLNESS & BENEFITS FAIR!

WHEN: Wednesday, October 14th, 2015 from 10:00am to 2:00pm
WHERE: Recreation Center Field House

Please come join us for the 9th Annual Simply Wellness and Benefits Fair!
Join Athletics and Human Resources as they team together to bring you the wellness fair with a variety of topics covering personal well-being, nutrition, fitness, and much more! The fair brings vendors from all around to help you lead a healthier lifestyle:

- Stop by the Blue Shield mini clinic to receive a personal health assessment. Have your bone density, blood pressure and cholesterol tested without making an appointment to see the doctor!
- Be sure to register for your annual flu shot that can be administered at the Fair!
- Be sure to grab some healthy snacks and sit in on cooking demos led by our fine Dining Staff!
- Visit the Guardian Life Insurance table to meet your new Life and Disability representatives, and find out the many features of the plan.
- Enter your name in a raffle to win one of many prizes from the amount of tables you visit!

Stop by the Human Resources booth at any time where representatives can answer any questions you have! Make a change to your current benefits, update your beneficiary information, learn about upcoming benefit open enrollments, new training topic or simply say Hello!

Wellness Fair Flu Clinic: The Annual Flu Clinic is offered at no cost to RWU Employees with Blue Cross Blue Shield, Medicare Part B, United Healthcare, Neighborhood Health, Tufts, or Tufts/Carelink. For employees with a different insurance plan or no insurance, there is a $25.00 fee. To register/schedule your appointment beforehand:
1. Log onto: www.thewellcomp.com
2. Click “Register Now”
3. Click “Flu-Worksite Events”
4. Login: “rwubris”

YOU MUST BRING YOUR INSURANCE CARD WITH YOU TO THE EVENT!
2015 SEASONAL EMPLOYEE FLU CLINIC

Where: 150 Washington Street, Providence – 2nd Floor, Room #302
When: Monday September 28th, 2015 – 12:00pm-1:30pm
Cost: No Charge – BCBS, Medicare Part B, United Healthcare, Neighborhood Health, Tufts, or Tufts/Carelink
Different or No Insurance - $25.00
If you have any questions, please contact Jennifer Almeida at 401-254-3589 or jalmeida@rwu.edu

YOU MUST HAVE YOUR INSURANCE CARD WITH YOU!

Register online at: www.thewellcomp.com
Click: Register Now
Click: Flu-Worksite Events
Login: rwuprov
Must be 18 years or older to sign up.

Getting to know…
GET TO KNOW A FEW OF YOUR FELLOW CO-WORKERS!

1. How long have you worked at the University?
2. What do you enjoy most about your job?
3. What do you do for fun?
4. What RWU sports team will you follow this Fall?

Matt Rielly, Groundskeeper
1. 28 years
2. The people I work with.
3. Going to car shows.
4. Hockey

Edward Ragosta, Mailroom Clerk
1. 41 years
2. I enjoy working with the students.
3. Taking walks with my wife.
4. Cross-Country

Lauren Tierney, Alumni Relations Athletics Ambassador
1. 2 years
2. I enjoy being able to give back to my alma mater
3. I surf.
4. All of them! I’m an Assistant Coach for the Softball team.
BENEFITS INFORMATION

It’s not a question of IF, but WHEN. Make your future worry-free!

Did you know… that 7 in 10 people who reach age 65 will need long term care during their lives? Did you know that 57% of primary caregivers had to go into their own retirement funds/savings? 31% of primary caregivers provide care for more than 30 hours each week? Long term care insurance can help you!

Long term care is defined as “help you may need due to a lengthy illness, an unexpected injury or accident, or a severe cognitive disorder such as Alzheimer’s disease. It is assistance with everyday tasks or the activities of daily living (bathing, eating, dressing, etc.) Long term care may be provided in a variety of locations from nursing homes and assisted living facilities to adult day care centers and even your own home.”

Source: Article written by Patrick White, “Financial Focus: What is long-term care?”

Long Term Care insurance provides a pool of money that can reimburse long term care services when and where needed. Long Term Care Insurance can be a helpful way to address challenges of long term care need. It is a myth that people can pay out of their savings or that the government can pay for the care that they need. Benefits with the government are limited, and you may not always qualify and it can take years to accumulate an amount equal to the insurance coverage.

Source: Genworth Insurance

With long life comes long term planning. Where do you start?

One way to learn more about Long Term Care (LTC) coverage is to read about the plan that Roger Williams University makes available to employees through Genworth Life Insurance Company. Employees may purchase this plan at reduced rates and pay for the coverage through payroll deduction.

So why purchase LTCI? Some facts provided by Genworth:

- Protect savings: It will help protect the money you’ve been saving for retirement, education, etc.
- Maintain choice and control: This helps keep your options open about how you receive care
- Protect Family: It can protect your family and friends from the burden of caregiving
- Stay at home: This helps reimburse expenses to make home modifications and receive home care where you’re most comfortable.

Who is eligible to apply?

To be eligible, the applicant must maintain a permanent US residence and have a valid Social Security Number or Tax Identification Number from the US Government.

- Employee’s actively at work, who work at least 20 hours per week
- Employee’s spouse or domestic partner under age 76
- Employee’s parents and parents-in-law under age 76
- Employee’s grandparents and grandparents-in-law under age 76
- Employee’s or spouse’s adult children and siblings under age 76
- Retirees and retirees’ spouses or domestic partner under age 76

To find out more, visit the Genworth website:

https://www.genworth.com/
Welcome New Employees!

Please welcome the following new employees who joined the campus community since July of 2015:

**STAFF**

Jenni Al-Hamdouni – Summer Global Institute Program Associate
Judith Andrea-Bell – Service Crew
Lucas Antonelli – Retail Operation Attendant
Tina Bacon – Financial Aid Assistant I
Leslie Berroa – Continuing Education Instructor
Michaela Bloomer – Retail Operation Attendant
Justin Bongiardo – Admissions Regional Representative
Jessica Braz – Retail Operation Attendant
Tiffany Briere – Retail Operation Attendant
Marc Brodeur – Culinary Prep Cook
Shelby Buck – Assistant Coach
Women’s Basketball
Shamika Cameron – Director of Recruitment, Coord of Multicultural Recruitment
Stephen Cantine – Associate Dean/Director of the Career Center
Nicola Carcieri – CE Instructor
Michael Chase – Assistant Coach
Men’s Golf
MiNa Chung-Break – Counselor
Evelyn Cook – Culinary Prep Cook
Ana Correia – Service Crew
Grace Crowell – Summer Mail Center Assistant
Austin D’Amore – Assistant Coach
Women’s Volleyball, Head Coach Club
Sport Men’s Volleyball
Renee Danho – Administrative Assistant to VP for Student Life
Avery Davis – Special Assignment Asst.
Maria Dias – Service Crew
Jonathan Faria – Utility Crew
John Freer – Admissions Regional Rep
Nicholas Frias – Coordinator of Residence Education
Mark Furtado – Post-Doctorate Fellow
Daniel Gausz – Culinary Prep Cook
James Greenslit – Head Coach Men’s Soccer/ Spring Sports Event Manager
Residential Program Assistant
Cassidy Hammond – Int’l Student Grad Intern
Mary Haskell – Retail Operation Attendant
Karyn Hudson – Service Crew
Peter Jackson – Culinary Prep Cook
Jennifer Kendrigan – Admissions Regional Rep

**STAFF (cont’d)**

Deborah Knapman – Counselor
Todd Laber – Culinary Prep Cook
Michelle Lauro – Retail Operation
Raquel Leste – Retail Operation
Denise Mansi – Service Crew
Kyle McAuliffe – Coord. of Residence Education
Alana Mercurio – Lifeguard/Swim
Maureen Minarik – Counselor
Alexis Mone – Lifeguard/Swim
Ashley Moreira – Retail Operation Attendant
Stephanie Niman – Lifeguard/Swim
Casey O’Brien – Admissions Recruiter/Counselor
Donalia Packard – Retail Operation
Joshua Petersen – Assistant Coach
Men’s Basketball
Kathryn Politano – Financial Aid Counselor
Curtis Pouliot-Alvarez – Admissions Recruiter/Counselor
Rachael Pozerski – Coord. of Residence Education
Miranda Rayner – Student Field Assist.
Mary-Elizabeth Sabo – Coord. of Residence Education
Michelle Salvagno – Coord. of Residence Education
John Santillo – Culinary Prep Cook
Robert Shea – Associate Provost for the Advancement of Teaching & Learning
Anna Shipley – Social Media & E-Marketing Specialist
Catherine Smeikal – Asst. Coach Women’s Lacrosse
Danielle Soubliere – Head Women’s Volleyball Coach/Assistant Communications Director
Gerald Stills – Culinary Prep Cook
Todd Taravella – Assistant Coach Men’s Basketball
Stacey Thomas – Admission Reg. Rep
Ashton Thorpe – Admission Reg. Rep
Catherine Voltas – Nurse Practitioner
Brent Waters – Culinary Prep Cook
Carol Weddell – Service Crew Lead
Alicia Wilson – Research Assistant
Amanda Wolfe – Assistant Coach Women’s Tennis
Julia Wyman – Director, Marine Affairs Institute
Michele Zager – Post-Doctorate Fellow

**FACULTY**

Katie Ahern – Visiting Assistant Prof. of Law
Nathan Fash – Assistant Professor
Deborah Gonzalez – Associate Clinical Professor of Law
Jennifer Hashway – Professor of Legal Practice/Director of Judicial Externship Prog.
Saeed Hydaralli – Assistant Professor
Koty Sharp – Assistant Professor
Lori Lee Wallace – Assistant Professor
Elsa Wiehe – Visiting Assistant Professor

**ADJUNCT PROFESSORS**

Samuel Adams
Cory Alix
Antonio Alves
Binslas Anilus
William Ayton
Joseph Ballirano
Elisabeth Bell
Neil Bijlani
Eric Busch
Erica Butcher
David Cameron
Kellie Charron
Dane Clark
William Connell
Norelys Consuegra
Lynn Corry
David Cover
Wendolyn Del Carmen
Kelly Demenezes
Patrizia Dewey
Nicanor Figueroa
Elsa Wiehe
Practice/Director of Judicial Externship Prog.
Shelly Nicholas
Taino Palermo
Ronia Peguero
Chantelle Messier
Caitlin Nash
Jennifer Pierce
Theodore Przybyla
Giancarlo Ricci
John Ryan
Peter Sangiovanni
Yvonne Shireman
Damon Sidel
Alejandro Tirado-Alcaraz
Andrew Wise

“Lynda.com Online Training”

Just a reminder that RWU, through the Office of Information Technology, would like to announce its efforts in promoting your professional growth and contribution to the University by providing an array of offered and approved technology applications. RWU will be utilizing “Lynda.com Online Training Library” to provide a comprehensive collection of video tutorials and online courses on a variety of computer online software topics.

Access Lynda.com via: https://lyndalog.rwu.edu/ at the user page, pull down to RWU.EDU or ACADEMICS (depending on your position at RWU) and log in. Access is free of charge.
Flexible Spending Account Information

If you have a health, dependent care, or commuter FSA expense account then you have to re-enroll during the month of November so your FSA account will be active for calendar year 2016. For those of you who do not have an FSA account, you also would enroll in November for benefits to be active in 2016.

Complete the FSA application and send to HR by November 30th. Application forms can be found at: http://www.rwu.edu/about/university-offices/human-resources/benefits under the FSA section.

Questions? Call the HR Department at 401-254-3138.

You Said It!

What is your favorite sports team?

Boston Red Sox
Brenda Vega
Culinary Lead Cook

New England Patriots
Kathleen Bonanno
Admission Assistant – Transfer and International

New England Patriots
Thomas Poole
Public Safety Officer

Who’s Who in Human Resources?

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jerome F. Williams</td>
<td>EVP for Finance &amp; Administration</td>
</tr>
<tr>
<td>Mirlen A. Mal</td>
<td>AVP for Human Resources</td>
</tr>
<tr>
<td>Mary Correia</td>
<td>Manager of Employment</td>
</tr>
<tr>
<td>Marco Pais</td>
<td>Manager of HR Information Systems</td>
</tr>
<tr>
<td>Jennifer Almeida</td>
<td>Benefits Specialist</td>
</tr>
<tr>
<td>Connie Palermo</td>
<td>Senior HR Information Systems Analyst</td>
</tr>
<tr>
<td>Stephanie Luiz</td>
<td>HRIS and Compensation Assistant</td>
</tr>
<tr>
<td>Flora A. Prestipino</td>
<td>Employment Coordinator</td>
</tr>
<tr>
<td>Joyce Maynard</td>
<td>Manager of Compensation &amp; Benefits</td>
</tr>
<tr>
<td>Victoria Thompson</td>
<td>HR Clerk</td>
</tr>
</tbody>
</table>

Phone: 401-254-3028
Fax: 401-254-3370

Office Hours: 8:30 am to 5:00 pm
Closed for lunch 12:00 pm to 12:30pm

Where can I send questions and suggestions for the next newsletter?
Human Resources welcomes your input! If you have suggestions that you would like us to include in the next newsletter, please send them to mmal@rwu.edu. The next newsletter will be published in January 2016.
The Six Q’s to Your Child continuing Dental Insurance

Has your child been to the dentist lately? Did you find out that the dentist would not treat them because they were told that they did not have dental coverage? They were on your dental plan—what happened?

1. **Who is a Dependent under the Dental plan?**
   A dependent up to age 19, or if older, then a dependent who is a student or who is disabled and cannot financially provide for themselves.

2. **Why is Dental Coverage Cancelled?**
   Our dental plan covers dependents until age 19. For coverage after age 19, certification of student status or disability status has to be provided to Delta Dental in order for coverage to continue beyond age 19.

3. **What do I do to make sure my child’s Dental coverage continues? Is your child a student?**
   In order to stay on the University’s dental plan, your child’s student status must be certified. The age for student certification is up to age 24. You must complete a **Student Certification Form** and submit it to Delta Dental.

   In order to certify your dependent as a student, you will need the following:
   - The most recent tuition bill
   - Letter on the school’s letterhead
   - Notice from the Registrar’s office with the number of credits indicated

   Delta Dental sends an annual notification to your home address when your child is over the age of 19 and asks for verification of student status.

   If you do not send the Student Certification Form to Delta Dental by December 31st, then coverage will automatically be cancelled by Delta Dental as of January 1st of the next year.

4. **Is your child disabled and unable to financially provide for themselves?**
   A **Disabled Dependent Application** should be filled out and sent to Delta Dental.

5. **When?**
   For your child, who is age 19 or older, to continue coverage into 2016, you would have to submit a Student Certification Form to Delta Dental by December 31, 2015.

   The dependent with total and permanent disability will need to be verified and enrolled by the time they turn 19.

6. **Where?**
   Go to the Delta Dental of RI website, click on the Employer tab and then the Forms tab to fill out the Student Certification Form. Once that is completed, send it to the indicated address on the website.

   For dependents due to a total and permanent disability, please contact Delta Dental Customer Service, for more information and direction at (401)-752-6000. Also, please view the User Guide on www.deltadentalri.com for more information.

   What if your child is not a student or has a total and permanent disability?

   The University will offer your child the opportunity to continue coverage through COBRA for the same plan; however, the full cost of the plan is paid by your child. So, if the monthly premium for individual dental insurance is $30.00/month, then the cost is $30.60. HR will be notified by Delta Dental of the cancellation of coverage so that a COBRA enrollment package will be sent to the address on file.

---

New Life Insurance Open Enrollment is happening on October 14th....

Roger Williams University just changed from Sun Life to the Guardian for our Life and Disability plans. If you had additional life insurance with Sun Life, it has continued.

Guardian is offering you the opportunity to buy additional life insurance without a medical examination! You can cover yourself, your spouse or child at reduced rates. Employees may buy additional insurance for up to $100,000 for themselves, $30,000 for their spouse, and $10,000 for each dependent child without a medical examination.

**Why would you want to listen to buying more life insurance?** The Money Crashers Website, as it appeared on CNN and in Forbes Magazine, claims that there are five specific reasons why you should buy life insurance.

1. To Pay Final Expenses
2. To Cover Children’s Expenses
3. To Replace Spouse’s Income
4. To Pay off Debts
5. To Pay off Estate Taxes


Are you going to the Wellness Fair next month? Stop by the Guardian table and learn more about the other benefits on your University-provided life insurance plan. While you are there find out about this one-time opportunity to get optional life coverage without a medical exam.

Come to the Wellness Fair on October 14th to talk to a Guardian Representative and see if optional life insurance makes sense for you and your family!
All seven professional development fall workshop opportunities have been made possible in partnership with the School of Continuing Studies Professional Education Center. They will be held at the Roger Williams University Bristol Campus during the fall semester. To register for a professional development course offering, please register through the RWU CampusPortal at https://portal.rwu.edu. Participants will need to enroll themselves, but most of the information is prepopulated for your convenience. Seating is limited to 25 employees per session. There is a minimal fee for each course.

**Upcoming Professional Development Workshops**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Audience</th>
<th>Date</th>
<th>Time &amp; Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maximize Your Leadership Communication Skills</td>
<td>Managers and Supervisors</td>
<td>Tuesday, October 13, 2015</td>
<td>9:00 am-12:00 pm, Student Senate Chambers</td>
</tr>
<tr>
<td>Demystifying Excel</td>
<td>Support Staff</td>
<td>Thursday, October 15, 2015</td>
<td>8:30 am-11:30am, Student Senate Chambers</td>
</tr>
<tr>
<td>Emotional Intelligence in the Workplace</td>
<td>All Staff</td>
<td>Wednesday, October 21, 2015</td>
<td>9:00 am-12:00 pm, Rec Center Room 237</td>
</tr>
<tr>
<td>I’m a First Time Supervisor…Now What?</td>
<td>Managers and Supervisors</td>
<td>Tuesday, November 17, 2015</td>
<td>9:00 am-4:00 pm, RWU School of Law 283</td>
</tr>
<tr>
<td>Effective Business Writing Techniques</td>
<td>All Staff</td>
<td>Tuesday, November 17, 2015</td>
<td>9:00 am-12:00 pm, Student Senate Chambers</td>
</tr>
<tr>
<td>Transforming Customer Service to Engagement</td>
<td>Support Staff</td>
<td>Monday, November 30, 2015</td>
<td>9:00 am-12:00 pm, Rec Center Room 237</td>
</tr>
<tr>
<td>Conflict Resolution</td>
<td>Managers and Supervisors</td>
<td>Tuesday, December 1, 2015</td>
<td>9:00 am-12:00 pm, Student Senate Chambers</td>
</tr>
</tbody>
</table>

**RIHETC Professional Development Workshops**

The Rhode Island Higher Education Training Consortium (RIHETC) Fall learning events are now live and open for registration. The RIHETC is a consortium of area colleges and universities offering comprehensive programs designed to address mutual needs within the member institutions at affordable costs.

You can access the RIHETC website at: [https://sites.google.com/site/rihetcmembers/home](https://sites.google.com/site/rihetcmembers/home)

Select the 2015 Fall Calendar of Training Programs to register for a workshop. There is a minimal fee for each workshop.

Below is the list of workshops being offered:

10/13/15: Managing in All Directions (Staff) Part 1 (9:00am-12:30pm)
10/16/15: Write It Right II (9:00am-1:00pm)
10/20/15: Managing in All Directions (Staff) Part 2 (9:00am-12:30pm)
10/27/15: Mindful Leadership for Managers (9:00am-12:00pm)
11/13/15: Developing Others: A Manager’s Event on Delegation and Coaching (9:30am-3:30pm)
11/20/15: You’ve Got Email-Now What? (9:00am-12:00pm)
11/23/15: Managing In All Directions for Supervisors Part 1 (9:00am-12:30pm)
11/30/15: Managing in All Directions for Supervisors Part 2 (9:00am-12:30pm)
12/10/15: Active Listening (9:00am-12:00pm)
12/11/15: Appreciating Your Strengths (9:00am-12:00pm)
12/15/15: Power Presentations (9:00am-12:30pm)
RETIREMENT CORNER

Do you have a Valic Retirement Account under the RWU Retirement Plan? If you do, then you may remember the Spring 2015 announcement about a change to a Valic mutual fund platform with lower fees. This change gave you the option to move your Valic account annuity assets as of May 29, 2015 to the new mutual fund platform. You now have another opportunity to move your annuity assets to the mutual fund platform.

If you are interested in converting your existing annuity assets to the new mutual fund platform with VALIC, the deadline is fast approaching! Follow the link below to find and download the Valic Mutual Fund Asset Conversion Form:


Send the form to Valic by November 13th to make the change effective December 31st.

Remember that no transactions may take place in your account between December 11, 2015 and January 8, 2016 so that Valic can make this change.

QUESTIONS??

Contact: Kevin McNair, your VALIC financial advisor at 1-800-892-5558

FALL 2015 GROUP EXERCISE SCHEDULE

Have you participated in one of the fun wellness group activities?

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 AM</td>
<td></td>
<td></td>
<td>Spin &amp; Sculpt</td>
<td>Nicole</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Nicole Room A</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:15 PM</td>
<td>Pilates Serena</td>
<td>Spin Mary</td>
<td>Pilates Serena</td>
<td>Spin Mary</td>
<td>Yoga Meditation</td>
</tr>
<tr>
<td></td>
<td>Serena Room A</td>
<td>Mary Room A</td>
<td>Serena Room A</td>
<td>Mary Room A</td>
<td>Jim Room B</td>
</tr>
<tr>
<td>12:15 PM</td>
<td></td>
<td></td>
<td>Yoga Meditation</td>
<td>Dan Room B</td>
<td></td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Pilates Serena</td>
<td></td>
<td></td>
<td>Pilates Serena</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Serena Room B</td>
<td></td>
<td></td>
<td>Serena Room B</td>
<td></td>
</tr>
<tr>
<td>5:00 PM</td>
<td>Spin Lisa</td>
<td>Zumba Alexa</td>
<td>Spin Victoria</td>
<td>Spin Victoria</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Room A</td>
<td>Alexa Room B</td>
<td>Victoria Room A</td>
<td>Victoria Room A</td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Zumba Alexa</td>
<td>Spin Victoria</td>
<td>Yoga Anne</td>
<td>Yoga Anne</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Alexa Room B</td>
<td>Victoria Room A</td>
<td>Anne Room B</td>
<td>Anne Room B</td>
<td></td>
</tr>
<tr>
<td>7:00 PM</td>
<td></td>
<td>Boot Camp</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nicole Room B</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Please visit the RWU Simply Wellness website as the group exercise schedule may change.
<table>
<thead>
<tr>
<th>SUN</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
</tbody>
</table>
|     | **Ask A Nutritionist**  
10:00am-2:00pm  
Recreation Center  
Conference Room  
**Cardio Tennis**  
12:00 pm-1:00 pm  
North Campus  
Tennis Courts |         | **TIAA-Cref 1 on 1 Meeting**  
8:00am-5:00pm  
GHH 109 |         |         |     |
| 11  | 12     | 13      | 14        | 15       | 16     | 17  |
|     |        |         | **Wellness Fair**  
10:00am-2:00pm  
Recreation Center  
Field House |         | **Valic 1 on 1 Meeting**  
8:00am-5:00pm  
GHH109 | **Wellness Works Information Session**  
12:00pm-1:00pm  
Recreation Center  
Conference Room |     |
| 18  | 19     | 20      | 21        | 22       | 23     | 24  |
|     | **Ask A Health Coach**  
10:00am-2:00pm  
Recreation Center  
Conference Room | **TIAA-Cref 1 on 1 Meeting**  
8:00am-5:00pm  
GHH 109  
**Wellness Works Information Session**  
12:00pm-1:00pm  
RWU Providence Campus  
Room 203  
**Valic Seminar**  
1:00pm-2:00pm | **Walking Club**  
12:00pm-1:00pm  
Front of the Recreation Center |     |
| 25  | 26     | 27      | 28        | 29       | 30     | 31  |
|     |        |         | **Valic 1 on 1 Meeting**  
8:00am-5:00pm  
GHH 109  
**Walking Club**  
12:00pm-1:00pm  
Front of the Recreation Center |     |
|     |        |         |           |     |     |     |
## November 2015

<table>
<thead>
<tr>
<th>SUN</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stop by Table: Body Composition Screening 12:00pm-2:00pm Recreation Center Conference Room</td>
<td>TIAA-Cref 1 on 1 Meeting 8:00am-5:00pm GHH 109</td>
<td>Ask a Health Coach 10:00am-2:00pm RWU Providence Campus Room 203</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>Wellness Works Information Session 1:00pm-2:00pm Recreation Center Conference Room</td>
<td>Valic 1 on 1 Meeting 8:00am-5:00pm GHH 109</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td>TIAA-Cref 1 on 1 Meeting 8:00am-5:00pm GHH 109</td>
<td>Family Fitness Retirement Enrollment Meetings 1:00pm-2:00pm GHH 109</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td>Valic 1 on 1 Meetings 8:00am-5:00pm GHH 109</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**November 3rd through November 28th**

Attend 8 sessions of any Fitness Center Classes you choose during the given time period. Sign-in sheets will be at all classes located in the Fitness Center Aerobics room. Once you have logged 8 classes, points will be awarded.
<table>
<thead>
<tr>
<th>SUN</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2 TIAA-Cref 1 on 1 Meetings 8:00am-5:00pm GHH 109</td>
<td>3 Valic 1 on 1 Meetings 8:00am-5:00pm GHH 109</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>7 Ask a Personal Trainer 10:00am-2:00pm Recreation Center Conference Room</td>
<td>8</td>
<td>9 Wellness Works Information Session 12:00pm-1:00pm Recreation Center Conference Room</td>
<td>10 Valic 1 on 1 Meetings 8:00am-5:00pm GHH 109</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15 TIAA-Cref 1 on 1 Meetings 8:00am-5:00pm GHH 109</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>