EAP Lunchtime Wellness Program

Pulse on Wellbeing

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Employee Assistance Program

SUNY RF

Did you know that Research Foundation employees have access to the wellness benefit Virgin Pulse? Tim Orcutt, RF Central Office Benefits Programs Manager will give a 30 minute presentation on how the program works and will answer any questions you may have.

After Tim’s presentation, stay for an adult coloring session! Take a little extra time to release some stress, expand your creativity and clear your minds!

Tuesday, May 17th
4 Tower Place
4th Floor
Room 407

RF Virgin Pulse Presentation
Noon—12:30 pm

Adult Coloring Activity
12:30 pm—1:00 pm

To Register Contact:
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu
CALL 442-5483 OR REGISTER ONLINE

HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

All materials are provided for the coloring activity.