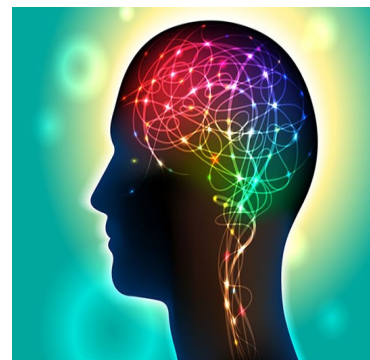


April 2019 Wellness Updates

Group Health Coaching: Train Your Brain

Are you tired of feeling distracted or forgetting where you put your keys and phone? Join others while we explore ways to activate your brain to be healthier and happier. Learn how to create an environment your brain can thrive in and support improved thinking.

- Understand what impacts brain fatigue
- Explore strategies to improve focus and memory
- Identify techniques for a calmer mind



Section 1: West Campus, Mondays, 12:10 p.m. to 12:50 p.m.

April 22, 2019-May 13, 2019

Atrium A/B (April 22) and Melrose Conference Rooms (April 29, May 6, and May 13)

Section 2: ZOOM, Tuesdays, 12:10 p.m.-12:50 p.m.

April 23, 2019-May 14, 2019

Healthy Living Center

Found with the Personal Health Assessment on Self-Service, the Healthy Learning Center houses a large assortment of webinars, videos, assessments, and articles to further your understanding in topics that include;

Emotional Well-Being * Relationships * Personal Growth

Recipes * Financial Well-Being

Family Services: Financial Planning Course for Caregivers

UI Family Services, in partnership with ISU Extension and Outreach will be offering the course, the *Finances of Caregiving*, to help UI employees best understand their current financial situation and choices they will have to make when serving as caregiver to an elder relative or friend. Materials and guidance will be provided to assist caregivers in protecting their assets and prepare for their retirement while providing care. This course is offered at NO COST to UI faculty and staff.

- **Wednesday, May 1 through Wednesday, May 29**
- **3:30pm-5:00pm**
- **Campus Recreation and Wellness Center (CRWC)**

Learn more at <https://hr.uiowa.edu/family-services/caregiving-courses>.

