You and UA

UA Life & Work Connections: Lifecycle Services for You

College of Agriculture & Life Sciences
July 2018
Our Commitment

We work with you as a whole person to optimize your well-being.

Our professional team can help you: improve your physical and/or emotional health, choose childcare, care for an aging parent, along with creating a better balance between your work and personal life.
Our Approach to Wellness

- Occupational
- Emotional
- Social/Relational
- Physical
- Mental
- Spirituality / Sense of Purpose

You and UA
Content **Experts** ready to assist You
Gain skills and knowledge for supporting an older adult through caregiving consultations, referrals, seminars, and online resources.
Care for the caregiver
Relationships and communication
Care planning
Lotsa Helping Hands

You and UA

Local and out of state
Explore strategies for coordinating your work and life commitments.

Obtain workplace guidelines for flexible work arrangements.
Employee Assistance

Putting the pieces together? We’re here to help.

Find professional help when you need it! We identify problems, explore options, and provide referrals to community resources.

Employee Assistance Services seeks to foster growth, resiliency, and effectiveness in the individual and in the work place by providing services that help the "whole person."

Services are free, voluntary, and confidential.
Stress management
Work and personal conflicts
Personal effectiveness
Mental health
Addictions
Relationships and communication
Assistance for supervisors and managers
Emergency preparedness
Find out how healthy you really are and learn simple steps you can take to improve.

Programs include: Fitness and nutrition coaching and a variety of health and activity classes to help you set goals and make positive lifestyle changes.
Wellness Activities

- Health promotion
  - Flu shots
  - Individual health / Metabolic Syndrome screenings
  - Mammography, Prostate screenings
- Guided Potlucks
- Walks with campus leaders
- Tai Chi & Resistance Band classes
- Walk Across Arizona
- Weight management, nutrition and fitness coaching
  - Maintain, No Gain Holiday Challenge
Professional and trusted resource to help you plan for current and future childcare needs. Learn about:

- UA Childcare Choice reimbursement program
- Sick Child and Emergency/Back-Up program
- Lactation and family spaces – Family Resource Map
- Out of School Time
  - summer, fall and spring breaks, before and after school

Curious about childcare options? Explore solutions with us.
WellBeing in Action
Connect with Us

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Facebook

Twitter @UALifeWork
  • Monday Motivation
  • Wednesday Wellness
  • Family Friday

Youtube @ UALifeWork
  • Wellness in Action
  • Recipes
  • Classes
Thank you!

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Questions?