The purpose of this newsletter is to provide a listing of monthly WSU resources to support the well-being of you and your family. The webinars and resources listed for the month of July have timely and relevant content which will assist your navigation of the current environment. Make each day an opportunity to invest in your well-being.

COUNSELING | COACHING | 24/7 CRISIS LINE | WORK/LIFE SOLUTIONS

Stay on the path to total well-being!

Welcome to the Ulliance Life Advisor Monthly Newsletter
developed in conjunction with Wayne State University Human Resources

We have some great webinars this month to help you and your family members thrive!

Daily Fitness:
Mort Harris Fitness Center

Sign up for daily virtual fitness classes, including Yoga, CORE, Zumba and more.

Registration URL: https://rfc.wayne.edu/activityathome
Webinar Schedule

Social Security Basics
Tuesday, July 14, 12:00-1:00 PM
Registration URL: TIAA.org/webinars

Halfway There Retirement Checkup
Tuesday, July 14, 1:00-2:00 PM
Registration URL: TIAA.org/webinars

(Advance) Quarterly Economic and Market Update
Wednesday, July 15, 12:00-1:00 PM
Registration URL: TIAA.org/webinars

Healthy Numbers
Wednesday, July 15, 3:00-4:00 PM
Registration URL: TIAA.org/webinars

Online Tools and Resources
Thursday, July 16, 12:00-1:00 PM
Registration URL: TIAA.org/webinars

Market Proof your Retirement
Thursday, July 16, 3:00-4:00 PM
Registration URL: TIAA.org/webinars

Strategies for Staying on Track
Tuesday, July 21, 3:00-4:00 PM
Registration URL: TIAA.org/webinars
Depression and Anxiety in the face of COVID-19
Wednesday, July 22, 12:00-1:00 PM
Registration URL:

Stress Management: Natural Remedies to Take Back Control
Wednesday, July 8, 12:00-1:00 PM
Registration URL:
https://attendee.gotowebinar.com/register/4761647717599509262

Working from Home with Kids
Thursday, July 9, 12:00-12:45 PM
Registration URL:
https://attendee.gototraining.com/r/8674511633112172802

Resiliency During Times of Change
Thursday, July 23, 12:00-12:45 PM
Registration URL:
https://attendee.gototraining.com/r/4673206300705121794

Emotional Intelligence
Thursday, July 30, 12:00-1:00 PM
Registration URL:
https://attendee.gototraining.com/r/4075590944683298818
Remote Work Learning Resources  
Now Available in Accelerate eLearning Library

Being successful in a changing work environment requires new knowledge, skills and ways of approaching our work. Four new remote work learning programs are now available in the Accelerate eLearning library to help you find learning and development opportunities quickly:

- Leading Virtually  
- Working Virtually  
- Personal Wellbeing  
- Virtual Productivity

These offerings include self-paced courses, videos, books and other resources focused on leading and working in a virtual environment.

And coming soon, webinars and other interactive experiences for leaders, to help coach and support employee learning, sharing and application of new knowledge. Employees will have individual development plan templates and guidance to develop learning goals.

Log into Academica to access these programs.

Learn more at: [Accelerate Information website]

Featured Mobile App

My Fitness Pal
Take control of your goals. Track calories, breakdown ingredients, and log activities with MyFitnessPal.
[https://www.myfitnesspal.com/](https://www.myfitnesspal.com/)
Wednesday Well-chat!

Have 15-minutes? Join Christin, our Senior Wellness Account Manager, every Wednesday as she and her guest co-host bring the Wellness Wednesday newsletter to life!

Check it out!

Financial advice can help boost your confidence

Our Fidelity and TIAA Financial Consultants can help you with a wide range of monetary matters including:

- Your 403(b) or 457(b) plans
- Saving and investing
- Meeting your personal and family financial planning needs
- Debt management
- Creating a long-term action plan to get on track and stay on track for retirement
- Consolidating retirement accounts you may have had with previous employers

Schedule an individual consultation
- For Fidelity, make an appointment online or call 1-800-642-7131.
- For TIAA, make an appointment online or call 1-800-732-8353.

Did you know Fidelity and TIAA also offer webinars that cover a wide variety of financial wellness topics? The Fidelity webinars and TIAA webinars are available to everyone at WSU, not just plan participants.
At Fidelity, we believe that social distancing shouldn’t come between you and your goals.

With everything that’s going on, we’re here to help you navigate through the uncertainty. Let’s connect to answer your questions and help you understand your options. As always, your Fidelity Retirement Planner continues to offer confidential consultations as a complimentary service to you as an employee of Wayne State University.

**Individual consultations**
You don’t have to know all the answers—we’re here to help. See what you can expect when you meet with us. [https://communications.fidelity.com/pdf/tem/bro-click.pdf](https://communications.fidelity.com/pdf/tem/bro-click.pdf)

**Schedule an appointment with a Fidelity Retirement Planner**

**On Demand Viewing - Pay off Student Loans Faster—and Still Save for Your Future**
Explore ways to pay off student loan debt quickly and save for other financial goals. Hear tips and strategies to help evaluate your options and decide which make sense for you.
[https://communications.fidelity.com/tem/WI/webcast/hub/#studentloans](https://communications.fidelity.com/tem/WI/webcast/hub/#studentloans)

**Watch this short video**
[https://www.youtube.com/watch?v=tlE7Pwx5Ehg&feature=youtu.be](https://www.youtube.com/watch?v=tlE7Pwx5Ehg&feature=youtu.be)

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Stay on the path to total well-being!

Call Ulliance we're here to help—**800.448.8326**