



National Work & Family Month

October 2020

The month of October was established by Alliance for Work-Life Progress as National Work & Family Month (NWFM) in 2003. It is a month of dedication to ensure that the worlds of both work and family are in balance in each person's life. OSU's NWFM is brought to you by the Family Resource Center & Human Resources.

Monday, 10/5-Friday 10/9:

Virtual Benefits Fair & Webinar Series: 10am-1pm | For a list of all the offerings, click [here](#)

Tuesday, 10/6:

Virtual Benefits Fair & Webinar Series- Care.com: 1:30pm | Click [here](#) to register

Virtual Benefits Fair & Webinar Series- Protective Leave for Employees: 2pm | Click [here](#) to register

Virtual Benefits Fair & Webinar Series- Oregon Public Universities Retirement Plans (OPURP): 9am-12pm | Click [here](#) to register

BEavers HERE NOW: Guided Meditation Sessions via Zoom: 3pm | Click [here](#) to register

Wednesday, 10/7:

Virtual Benefits Fair & Webinar Series- Beyond Benefits EAP: 11am | Click [here](#) to register

Virtual Benefits Fair & Webinar Series- Fitness Over 50: 12pm | Click [here](#) to register

Virtual Benefits Fair & Webinar Series- Oregon Public Universities Retirement Plans (OPURP): 2pm-4pm | Click [here](#) to register

BEavers HERE NOW: Guided Meditation Sessions via Zoom: 3pm | Click [here](#) to register

Cascades Campus-Flu Shot Clinic: 11am-2pm | GRC (drive-thru only) or Obsidian Hall Walkway | Click [here](#) for more information

Thursday, 10/8:

Virtual Benefits Fair & Webinar Series- Faculty Staff Fitness: 12pm | Click [here](#) to register

Virtual Benefits Fair & Webinar Series- Fidelity: 9:30am-10:30am | Click [here](#) to register

Virtual Benefits Fair & Webinar Series- Healthy Team, Healthy U/Stay Well: 3pm | Click [here](#) to register

Virtual Benefits Fair & Webinar Series- Oregon Public Universities Retirement Plans (OPURP): 11am-2pm | Click [here](#) to register

Newport Campus-Flu Shot Clinic: 9am-12pm | HMSC Seminar Room of Guin Library | Click [here](#) to ask questions

Cascades Campus-Flu Shot Clinic: 11am-2pm | GRC (drive-thru only) or Obsidian Hall Walkway | Click [here](#) for more information

Friday, 10/9:

Virtual Benefits Fair & Webinar Series- Parental Leave: 9:30am | Click [here](#) to register

Virtual Benefits Fair & Webinar Series- Oregon Public Universities Retirement Plans (OPURP): 1pm-4pm | Click [here](#) to register

Monday, 10/12:

Our Little Village|Dixon Opens: Click [here](#) to register your child for part-time cohort child care

DAM Good Growth: 4:30pm | Click [here](#) to register

Tuesday, 10/13:

ElderCare Connections: Social Hour & Welcome: 12pm-1pm | Click to Join Zoom | Password: ECC

BEavers HERE NOW: Guided Meditation Sessions via Zoom: 3pm | Click [here](#) to register

Health Care & Dependent Care FSAs: 1pm-2pm | Click [here](#) to register

Wednesday, 10/14:

New Employee Orientation: 9am-11:30am | Click to register for Zoom session | Employees Only

Corvallis Campus- Flu Shot Clinic: 8:30am-4pm | MU Ballroom | Click [here](#) to register

BEavers HERE NOW: Guided Meditation Sessions via Zoom: 3pm | Click [here](#) to register

Monday, 10/19:

DAM Good Growth: 4:30pm | Click [here](#) to register

Tuesday, 10/20

Beaver Family Connections-Kick Off Meeting: 12pm-1pm | Click to join Zoom | Password: BFC

BEavers HERE NOW: Guided Meditation Sessions via Zoom: 3pm | Click [here](#) to register

Wednesday, 10/21

BEavers HERE NOW: Guided Meditation Sessions via Zoom: 3pm | Click [here](#) to register

Thursday, 10/22

Care.com Webinar- Supporting Kids who learn differently: 9am-10am | Click [here](#) to register

Monday, 10/26:

Work Life and Family Supports at OSU Q&A: 4pm-5pm | Click to Join Zoom | Password: FRC

For more information about Work Life at OSU, click [here](#). For questions or consultation you can email work.life@oregonstate.edu

DAM Good Growth: 4:30pm | Click [here](#) to register

Tuesday, 10/27:

Beyond Benefits-Mindfulness: Being Present in Your Work & Life: 10am | Click [here](#) for more

Wednesday, 10/28

information

Fall OSU Career Fair: 12pm-3pm | Click [here](#) to register

OSU in Memoriam: 5:30pm-6:30pm | Watch live at live.oregonstate.edu



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University