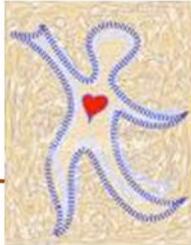




HEALTH, WELLNESS, AND RETIREMENT EVENTS CALENDAR

SPONSORED BY THE HUMAN RESOURCES BENEFITS TEAM

February 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
		New Employee Benefits Orientation* 10:00 a.m.–12:00 p.m., Bldg 90–Room 4133 “Remaining Confident in a Volatile Market” Workshop by Fidelity 10:30–11:30 a.m., Bldg 54–Room 130B Perseverance Hall	 New Postdoc Benefits Orientation* 10:00 a.m.–12:00 p.m., Bldg 90–Room 3075	 <i>The American Heart Association's National Wear Red Day</i>
9	10	11	12	13
	“Healthy Heart” Info Give-Away , 11:00 a.m.–1:00 p.m. Bldg 54–Cafeteria Lobby		<i>Two Fidelity workshops offered at JBEI/Emeryville, Room 4111:</i> “Enrolling in Your UC Retirement Savings Program” (2:00–3:00 p.m.) “Remaining Confident in a Volatile Market” (3:00–4:00 p.m.)	“How Healthy Are Your Relationships?” Workshop by UCB CARE Services 11:00 a.m.–12:00 p.m. Bldg 2–Room 100B
16	17	18	19	20
PRESIDENT’S HOLIDAY		New Employee Benefits Orientation* 10:00 a.m.–12:00 p.m., Bldg 90–Room 2063	 New Postdoc Benefits Orientation* 10:00 a.m.–12:00 p.m., Bldg 90–Room 2063	
23	24	25	26	27
			“Determining Your Investment Strategy” Workshop by Fidelity 10:30–11:30 a.m., Bldg 54–Room 130B, Perseverance Hall	

***Enroll online through Employee Self Service: https://hris.lbl.gov/self_service/login/.
 Select “Training Enrollment” from the menu, then go to “All Courses” to make a selection.**

For additional information, please contact the HR Benefits Team at (510) 486-6403 or benefits@lbl.gov.