

February 28, 2013

#### HR News

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#### [Relay with the TLC Brigade Team on Friday, March 1st – 6:00 p.m.](#)

The TLC Brigade Committee invites you to join us at this year's Relay For Life. During this special occasion, the FIU family and community comes together to celebrate our cancer survivors and caregivers, honor loved ones battling the disease, and to remember our heroes who have lost the battle against cancer. This will be a great opportunity for us to show our support to colleagues as well as family and friends who have been touched by cancer in many ways.

We invite you to get involved and help make this [Relay For Life](#) the most memorable event yet. Join the [TLC Brigade Team](#), start a new team, or simply stop by on Friday March 1<sup>st</sup> at 6:00 p.m. for the opening ceremony. This event will take place at the Ryder Business Building Circle on the Modesto A. Maidique Campus. The more participants we involve, the greater the difference we make in the fight against cancer. As a host site, fundraising is optional and not a requirement to participate. Our students and teams will also be selling lots of fun food items to help fundraise towards this worthy cause.

Cancer survivors will also enjoy a special dinner courtesy of the Relay For Life committee following the opening ceremony. Be sure to register today and bring family and friends to cheer you along during the Survivor/Caregiver Lap! Should you have any questions, please feel free to contact Trudy Fernandez, Director of HR Relations, by calling 305-348-0101 or Beatriz Newborn, HR Relations Coordinator and TLC Brigade Team Captain, at 305-348-6099.

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#### **2013 Spring Wellness Expo**

The Division of Human Resources is pleased to invite you to participate in our first 2013 Spring Wellness Expo: “**Journey through Wellness**”. Benefits Administration is partnering with University Health Services to foster healthy lifestyles for faculty, staff and students through education, health promotion activities and preventive screenings. [Click here](#) for details about this energizing event. We encourage you to **bring your sneakers** and participate in a variety of wellness activities, including Zumba, healthy nutritional tips, financial wellness and more. For more information, click on the full [schedule of events](#). Should you have additional questions, please contact the Human Resources Service Center by calling 305-348-2181.

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## **Introducing the Worlds of Wellness Program**

The Division of Human Resources, in collaboration with a committee of multi-disciplinary departments, is pleased to introduce **FIU Worlds of Wellness**, a wellness initiative to promote a culture of healthy lifestyle choices for FIU Faculty and Staff.

As the FIU Wellness Initiatives Committee is developing a program; we want to obtain input from as many faculty and staff as possible. This survey is designed to invite ideas and interests, to give the committee members opportunity to facilitate a successful program. Your feedback is valuable and will assist us in structuring programs that are beneficial to your health and wellbeing. Please [click here](#) to complete the brief survey online. Survey submissions are requested by or before March 15<sup>th</sup>.

In order to obtain the most comprehensive results for this study, maximum participation by faculty and staff is necessary. Therefore, we encourage your feedback. If you require further assistance with accessing the survey or logging in, please contact the Human Resources Service Center at 305-348-2181 or email [benefits@fiu.edu](mailto:benefits@fiu.edu).

We look forward to your participation and feedback in order to make FIU a healthier place to work. Should you have additional questions, please do not hesitate to contact Evelyn Rodriguez, Director of Benefits Administration at 305-348-2464.

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## **FIU Alumni Association Tours**

Join the FIU Alumni Association in special Golden Panther Getaways! Escape the expected and indulge in legendary adventures with your fellow FIU alumni. Getaway locales include Australia, New Zealand, Peru and more! Get all the details by visiting: <https://www.fiu alumni.com/travel>.

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*To provide feedback on this newsletter, please contact us at [hradmin@fiu.edu](mailto:hradmin@fiu.edu).*