Let’s take some time throughout our day to recharge, practice self-care and take a moment to breathe. Discover this week’s tips and resources on how to stay well!

The Office of Employee Assistance is pleased to present the FIU Rising - Message of Hope Workshops. These workshops will provide participants with specific strategies related to maintaining hope and optimism while working remotely during this pandemic. Register for the workshop dates below:

- **FIU Rising - A Message of Hope: Part 1**
  - Tuesday, April 28
- **FIU Rising - A Message of Hope: Part 2**
  - Monday, May 4
  - Tuesday, May 5
  - Monday, May 10
  - Tuesday, May 12

Questions? Contact the Office of Employee Assistance at 305-348-2469.

Take time out of your day to refresh and recharge through meditation exercises and workshops.

Plan to join the Office of Employee Assistance’s (OEA) upcoming mindfulness and meditation sessions. Visit profdev.fiu.edu to register for the workshops below:

- **Mindfulness in Togetherness: Meditation**
  - Wednesday, April 29
  - Friday, May 1
  - Wednesday, May 6
  - Friday, May 8

- **Welcoming Your Emotions Support Group**
  - Friday, May 1

Questions? Contact the Office of Employee Assistance at 305-348-2469.

Make sure to take some time to have fun and practice self-care while working in a remote environment. Check out these fun activities and helpful information:

- **Let’s Get Virtually Social** - Visit the Student Affairs and Human Resources’ social media channels this week for some virtual fun!
- **Wellness & Recreation Center (WRC)**
  - Explore live weekly classes, on-demand fitness options and professional development.
  - **Mindful@Home**
  - Join the Foundation for a Mindful Society as they host live meditations every Monday, Wednesday & Friday at 3pm.

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Join the FIU Center for Children and Families for the free Parent Club webinars. These webinars are designed for parents and caregivers to receive tips and resources on adjusting balancing work, parenting and homeschooling. Register for the webinars below:

- **Tuesday, April 28**
  - 10am (English)
  - 10am (Spanish)
  - 1pm (English)
  - 5:30pm (English)
  - 5:30pm (Creole)
- **Wednesday, April 29**
  - 10am (English)
  - 10am (Spanish)
  - 1pm (Spanish)
  - 5:30pm (Spanish)
  - 5:30pm (English)
- **Thursday, April 30**
  - 10am (English)
  - 10am (Creole)
  - 1pm (Creole)
  - 5:30pm (English)
  - 5:30pm (Spanish)

Questions? Contact the Office of Employee Assistance at 305-348-2469.

Want to stay connected with all things health and wellness?

Sign up today for the Panthers Active Wellness Services (PAWS) monthly newsletter. As a subscriber, you will receive just-in-time tips and resources from PAWS and OEA to keep you in top shape all year round.

Questions? Contact Panthers Active Wellness Services at 305-348-2533.

Unsubscribing from this newsletter will also unsubscribe you from future important HR communications and newsletters. To provide feedback on this newsletter, please email hradmin@fiu.edu.