



**COLORADO  
COLLEGE**

**Office of Human Resources**

☎ (719) 389-6421

☎ (719) 389-6926

14 E. Cache La Poudre St.  
Colorado Springs, CO 80903

## **Colorado College Employee Wellness – February 2022 Newsletter**

Save the Date: In The Loop, Thursday, February 17, 2022 at 8:30 a.m.

### **February is American Heart Month**

February is designated as American Heart Month **to advocate cardiovascular health and raise awareness about heart disease.**

American Heart Month is a wonderful opportunity to focus our attention on ways to promote and maintain heart health.

### **February Employee Assistance Program (EAP)**

Attached are flyers from our ComPsych Resource Center that focus on

- American Heart Month
- Getting Back to Exercise
- Healthier Eating Made Easy

Also, attached is information on learning more about how debt happens and how to get yourself out of it.

EAP is a benefit the college provides to all benefits-eligible employees. You can access information online, including a variety of webinars at [www.guidanceresources.com](http://www.guidanceresources.com) (web ID is CM589) or phone them at 800-272-7255 to discuss individual issues.

### **Gallagher February Wellbeing Newsletter**

Attached are newsletters for a Healthy Immune System

- Strong Immunity: What Role Does Vitamin D Play?
- Phytonutrients That Boost Wellbeing
- Oral Health & Your Immune System

### **TIAA February Webinars**

#### **Upcoming Financial Essentials Live Webinars**

Below is the itinerary of all currently scheduled webinars. You may access these webinars at [TIAA.org/webinars](http://TIAA.org/webinars).

Spanish-speaking webinars can also be accessed on demand at [TIAA.org/RecursosEducativos](http://TIAA.org/RecursosEducativos). Recordings are available for replay on demand for 90 days following the live webinar date.



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Topic	Date	Time
<a href="#"><u>Market proof your retirement</u></a>	Feb 16	10 a.m. MT
<a href="#"><u>Understanding Health Savings Accounts</u></a>	Feb 17	10 a.m. MT
<a href="#"><u>Strategies for staying on track</u></a>	Feb 17	3 p.m. MT
<a href="#"><u>Estate Planning Considerations</u></a>	Feb 22	1 p.m. MT
<a href="#"><u>At Your Fingertips: Manage your money from wherever you are</u></a>	Feb 23	10 a.m. MT
<a href="#"><u>Discover the power of financial well-being</u></a>	Feb 24	12 p.m. MT
<a href="#"><u>Dinero en funcionamiento 1: Las bases de la inversión (Money at work 1)</u></a>	Feb 24	2 p.m. MT