



COLORADO COLLEGE

OFFICE OF HUMAN RESOURCES

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

August 2022 Wellness Newsletter

August is National Immunization Awareness Month

August highlights the importance of vaccination for people of all ages. Use the [CDC's educational and promotional resources](#) to stay up to date on recommended vaccines during the COVID-19 pandemic.

Also, the month of August is widely considered the end of summer, as families squeeze in last-minute vacations and beach trips before children go back to the classroom for a new school year.

On Campus Activities and Events

Save the Date - Fall Conference is set for August 25, 2022, 8:30 a.m.-1:30 p.m.

Yoga at the FAC | Sun. Aug 14, 10:30 a.m.

Join teacher Amanda Smolinski from [Soulshines Yoga](#) for a one-hour yoga class in our beautiful glass-walled Smith Family gallery.

Participants are invited to stay and enjoy the museum for free after class. All experience levels welcome.

Please bring your own mat. Water is allowed during class, but not in the museum galleries.

Suggested donation of \$10 to benefit the Fine Arts Center (you'll also have the option to donate at class).

Open to the public, space is limited, [please RSVP](#)

Free Art Adventure Day at the FAC

The Colorado Springs Fine Arts Center will host a free Art Adventure Day in our Bemis School of Art studios on Saturday, August 27th.

Pop in to check out what they have to offer and explore your creativity in drawing, painting, and sculpture.

Art Adventure Day will offer a variety of hands-on art projects in the Bemis School of Art studio classrooms along with artist demonstrations and interactive, self-guided activities.

Bemis instructors will help guide you to awaken your art-making skills or show you new possibilities in art making. All ages and skill levels are welcome!

FAC Member early access from 10:00 a.m. -11:00 a.m.

Open to the public from 11:00 a.m. – 2 p.m.

[Please RSVP](#)

Employee Assistance Program (EAP)

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 (web ID is CM589) or phone them at 800-272-7255 to discuss individual issues.



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Gallagher August Wellbeing Newsletters

Attached are resources focusing on Simple Ways to Prevent Sun Damage, Hydration and Skin Health and 5 Reasons to See a Dermatologist.

Nationwide Pet Insurance

August specifically focuses on senior furry family members and the ailments they can be facing. Attached are flyers with information on the most common ailments for your furry friends.

TIAA August Webinars

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

Recordings are available for replay on demand for 90 days following the live webinar date.

Topic	Date	Time
<u>Lifetime Income: Marketproof Your Retirement</u>	Aug 10	10 a.m. MT
<u>Gaining Insights: Navigating debt consolidation and understanding the mortgage process</u>	Aug 16	10 a.m. MT
<u>Discover the power of financial well-being</u>	Aug 17	10 a.m. MT
<u>Hindsight is 2020</u>	Aug 18	1 p.m. MT

May you have a safe & healthy month.

Gina

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