



DECEMBER 12, 2022

The next issue of News You Can Use will run on Tuesday, January 3, 2023



**Holiday and Winter Recess Schedule**

As a reminder, Emory University closes most academic and administrative offices for Winter Recess, the three days between the Christmas and New Year's holidays. Here is the schedule:

**Christmas:**  
Friday, December 23  
Monday, December 26

**Winter Recess:**  
Tuesday, December 27  
Wednesday, December 28  
Thursday, December 29

**New Year's:**  
Friday, December 30  
Monday, January 2

**YOUR WELLNESS**

**Diabetes Prevention Program (DPP)**

The Diabetes Prevention Program is a year-long evidence-based lifestyle change program developed by the Centers for Disease Control and Prevention. Our dedicated lifestyle coaches support you by teaching ways to eat healthier, increase physical activity, and manage stress to help prevent or delay type 2 diabetes. Our Spring 2023 cohort is starting soon!

- Complete the [Diabetes Prevention Program \(DPP\) Eligibility Form](#) to determine if you are eligible to participate in upcoming classes.
- Visit the [webpage](#) for additional information

**Health Expos Coming in January 2023!**

Get inspired to live healthier in the new year with this one-day event that focuses on setting your personal wellness goals. Various activities will be offered throughout the day including group exercise demos, preventative screenings, wellness exhibitors, and other activities centered around your wellness. We will host two events on the Clifton campus to accommodate as many employees as possible. More information to come. We look forward to seeing all of you there!

**Date:** 1/10/2023 (Tuesday)  
**Event Time:** 10 AM – 3 PM  
**Where:** Room 575, Emory University School of Law, Gambrell Hall, 1301 Clifton Road NE, Atlanta, GA 30322-2770

**Date:** 1/12/2023 (Thursday)  
**Event Time:** 10 AM – 3 PM  
**Where:** W525, Goizueta Business School, 1300 Clifton Rd, Atlanta, GA 30322

**YOUR WORKLIFE**

**Upcoming Emory Worklife Webinar**

WorkLife webinars are offered by the Benefits and Worklife Department and vendor partners. If you have any questions about family centered benefits at Emory, contact [worklife@emory.edu](mailto:worklife@emory.edu). All sessions are recorded and sent out to registered employees.

**Becoming a Resilient Parent**  
Tuesday, December 13 at 3:00 p.m. ET; [Register here](#).  
We don't have to tell you that the work-family balancing act is a challenge — you're living it. In this webinar, we'll give you some stress-relief strategies to help build your resilience. Facilitated by Emory Vendor Bright Horizons.

**YOUR FSAP**

**Upcoming Faculty Staff Assistance Programs**

FSAP is your one-stop shop for holiday emotional wellness! Check out the following programs that will help to enjoy the holiday season and stay healthy while doing it.

- **Connect and Chat. Dec. 13 and Dec 20, 12:00 noon.** Join us to discuss tips and strategies to bring your new year into focus. Topics include *Your 2022 emotional wellness journey in review- How does this year's journey inform the future?* (Dec 13) and *activities that will help to formulate your 2023 mental health goals* (Dec. 20). [Register in advance](#).
- **Mindfulness Practice: Wednesday, Dec. 14, 1:00 - 2:00 pm.** Learn strategies for staying centered and reducing your stress level. Join at 1:00 pm to learn the basics of mindfulness or join at 1:15 pm for a guided practice and opportunities for discussion. Usually, every 4th Wednesday of the month but it is changed for the holiday schedule. [Register in advance](#).
- **The FSAP Refresh: Wednesday, Dec. 21, 4:30-4:45 pm.** 15-minute virtual self-care experience to support your resilience. Sessions occur on the 1st and 3rd Wednesdays from 4:30 pm - 4:45 pm via zoom. [Register in advance](#).

**NEWS AROUND CAMPUS**

**Testing kiosks coming to Emory's Atlanta and Oxford campuses as COVID-19 screening program sunsets**

Emory University's COVID-19 asymptomatic screening program that has served more than 180,000 participants since July 2020 will officially sunset at the end of this semester. The last day to screen on Emory's Atlanta campus will be Wednesday, Dec. 21; Tuesday, Dec. 20, will be the last day to screen on the Oxford campus. As the asymptomatic screening program ends, campus members can access new community testing options available at Emory's campuses.

- [Read full story in Emory Report](#)



**10% Off for Emory Faculty & Staff Excel Bootcamp**

Emory Continuing Education is offering a 10% discount off its popular **Microsoft Excel Bootcamp: From Rookie to Rockstar** to Emory faculty and staff. Students will learn the most popular and useful tools in Microsoft Excel for functions, analytics, information management and manipulation, and greater productivity, all presented in the humorous style of instructor Greg Creech. This bootcamp occurs over three days starting on February 10, 2023, and you can choose to attend in person or online at registration. Use code EAGLE12 at checkout for a 10% discount, and Speedtype is accepted. Don't miss this opportunity to upskill in Microsoft Excel! And remember, the EAGLE12 10% discount can be applied to any learning from the ECE catalog. [Register now](#).

Learn more about public health without the commitment of a degree

SPECIAL STANDING COURSES  
DEADLINE DECEMBER 15

EMORY | ROLLINS SCHOOL OF PUBLIC HEALTH

**Interested in learning more about the field of public health?**

Consider taking a non-degree seeking special standing course at the Rollins School of Public Health, ranked #4 in the nation among schools and programs of public health. Expand your knowledge and engage with our faculty in course options that include: Addressing Racism as a Public Health Issue, Environmental Justice, Addressing Key Issues in Global Health, Fundamentals of Epidemiology, and Healthcare Administration Law.

Our process is easy and convenient. Tuition benefits are available for eligible Emory employees. The application deadline is December 15 for classes in the spring of 2023. To learn more about offerings, [visit our website](#).

Scan this QR code to visit Emory Savings Marketplace to find more offers



Emory Savings Marketplace



**Spread Some Holiday Cheer**

Check out your marketplace today for everything you need to make this holiday season a memorable one!



Scan QR code or click the link to visit website



Choose the best deals and offers



Find amazing exclusive offers & deals



More savings, more of what makes you happy

Visit the Emory Savings Marketplace for your holiday savings: <https://emory.savings.workingadvantage.com>



EMORY

EMORY UNIVERSITY HUMAN RESOURCES

**ADDITIONAL LINKS AND RESOURCES**

- [Human Resources Website](#)
- [Emory Forward \(COVID-19 Info\)](#)
- [Faculty Staff Assistance Program](#)
- [Benefits and Worklife Department](#)
- [Healthy Emory](#)
- [Employee Discounts](#)
- [Blomeyer Health Fitness Center](#)
- [Blomeyer Alliance Credit Union](#)
- [Emory News Center](#)

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