



# HEALTH, WELLNESS, AND RETIREMENT EVENTS CALENDAR

SPONSORED BY THE HUMAN RESOURCES BENEFITS TEAM

## SEPTEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
1		2 New Employee Benefits Orientation* 10:00 a.m.–12:00 p.m., Bldg 90–Room 2063	3 New Postdoc Benefits Orientation* 10:00 a.m.–12:00 p.m., Bldg 90–Room 2063	4
7	8	9	10	11 "Tips for Stress Relief" by UCB CARE Services 11:00 a.m.–12:00 p.m. Bldg 2–Room 100B
14	15	16 New Employee Benefits Orientation* 2:00–4:00 p.m., Bldg 90–Room 2063	17 New Postdoc Benefits Orientation* 10:00 a.m.–12:00 p.m., Bldg 90–Room 2063	18
21	22 "Enrolling in Your UC Retirement Plan" by Fidelity, 10:30–11:30 a.m. Bldg 54–Room 130 Perseverance Hall  Fidelity Help Desk, 12:00–1:30 p.m. Bldg 54–Café Lobby	23	24	25
28	29	30 Visiting Scholars & Researchers Orientation for International Employees, Guests & Family 9:30 a.m.–12:00 p.m., Bldg 54–Room 130 Perseverance Hall		

For additional information, please contact the HR Benefits Team at (510) 486-6403 or [benefits@lbl.gov](mailto:benefits@lbl.gov).

\* Enroll online through Employee Self Service: [https://hris.lbl.gov/self\\_service/login/](https://hris.lbl.gov/self_service/login/).

Select "Training Enrollment" from the menu, then go to "All Courses" to make a selection.