

VCU Work/Life Line

Virginia Commonwealth University

Work/Life Events – Seminars – Resources

Faculty and staff of Virginia Commonwealth University are invited to our **free** lunchtime seminars.
Please register *in advance* by e-mail at worklife@vcu.edu or by phone at 828-1533.

Look for our Work/Life Seminars on the VCU Human Resource web site at www.hr.vcu.edu/worklife.

WORK/LIFE RESOURCE AND REFERRAL

Need confidential assistance to help in balancing work and personal issues?

Got a specific work/life request?

E-mail worklife@vcu.edu or call 828-1533.

WEIGHT WATCHERS AT WORK



Weight Loss Program
on

VCU's Academic and
MCV Campuses

Academic Campus

Thursdays
1:15 - 2 p.m.
University Student Commons
New session begins Feb. 5

MCV Campus

Wednesdays
12 noon - 1 p.m.
Sanger Hall, Room 6-012
New session begins Jan. 28

Questions?
Need more information?
Contact worklife@vcu.edu.

LUNCHTIME SEMINARS – WINTER 2004 –

Seminars run from 12 noon to 1 p.m.

February 24

Virginia College Savings Plan

Learn ways to save for a college education.

Amy Nisenson
Virginia College Savings Plan

Student Commons - 907 Floyd Avenue
Capital Ballroom C

March 11

How to Improve Your Memory

Learn techniques, exercises, and foods that enhance your memory.

Janet Niemeier, Ph.D.
VCU Physical Medicine & Rehabilitation

VCU Employee Health Services
Conference Room
West Hospital, West Wing
1200 East Broad Street, First Floor

March 24

E-mail Etiquette

What are the appropriate ways to use and send e-mail? Come find out!

VCU Human Resources
Office of Training and Development

Lindsey House
600 West Franklin Street
Conference Room

NEW DISCOUNTS AND SERVICES

Ringling Bros. and Barnum & Bailey Circus

\$3 off regular ticket price!

Special VCU discount available –
Feb. 12 - 13, 7:30 p.m.
Feb. 14 - 15, 11:30 a.m.; 3:30 & 7:30 p.m.

Deadline for discount orders: Feb. 2
Contact Terry Boone at 780-4970, ext. 113
– mention “VCU Employee Discount”

Other Discounts

Travel Counsellors, Inc.
Destination: Berlin & Dresden
March 6-13, 2004

Discounted group rates on international travel for VCU faculty and staff . . . and families and friends.

For more information, go to
<http://www.hr.vcu.edu/worklife/travel.htm>.

Filing Your Taxes Was Never Easier!
The IRS has partnered with an alliance of commercial software companies to offer direct on-line filing services for **FREE!**

To find out more, go to
<http://www.irs.gov/efile/>.

Peoples Income Tax

Save 10% off tax preparation.
Call (804) 204-1040 or [click here](#) to link to the website.

HR Work/Life Services

New members needed for our
“Get Connected” Reading Club.
E-mail worklife@vcu.edu to learn more.