

# VCU Work/Life Line

Virginia Commonwealth University

## Work/Life Events – Seminars – Resources

Faculty and staff at Virginia Commonwealth University are invited to join us for our lunchtime seminars.

Register at [www.hr.vcu.edu/training/](http://www.hr.vcu.edu/training/) (click the "Classroom Sessions" link).

For information, e-mail [worklife@vcu.edu](mailto:worklife@vcu.edu) or call 828-1521.

**Please Note:** We may need to cancel any seminar for which fewer than 5 participants have registered in advance.

Look for our Work/Life Seminars on the VCU Human Resources' Web site at [www.hr.vcu.edu/worklife/](http://www.hr.vcu.edu/worklife/).

### WHAT'S NEW AT VCU?



**Tuesday, October 6, 2009**  
11 a.m. – 2 p.m.

[The Commons](#)

Presented by VCU Work/Life Resources, VCU's Office of Multicultural Affairs, University College, and the Virginia Credit Union.

For more information and to register, visit [www.vacu.org/education/fss2.asp](http://www.vacu.org/education/fss2.asp)

#### Early This Year!

#### "Seasonal" Flu Shot Clinics

9 a.m. – 4 p.m. (all sessions)

**First come, first served!**

- **Mon., Sept. 21**  
[McGuire Hall Annex](#), Room B-20
- **Tues., Sept. 22**  
[The Commons](#), Richmond Salons I & II
- **Tues., Sept. 29**  
[The Commons](#), Richmond Salons, III & IV
- **Wed., Sept. 30**  
[McGuire Hall Annex](#), Room B-20

#### Dollars and Sense

[The Commons](#), Forum Room

Seminars continue at 1 p.m. on the following  
**Wednesdays** – no registration necessary.

**Oct. 7** Insurance – Cover Your Assets

**Nov. 11** If You Have More Month Than Paycheck  
Sponsored by VCU's [Office of Multicultural Affairs](#)



Check out the current quarterly program at [www.hr.vcu.edu/commonhealth/](http://www.hr.vcu.edu/commonhealth/)

### LUNCHTIME SEMINARS – FALL 2009 –

All seminars: 12 noon to 1 p.m.

#### September 16

#### Drive Away Happy – Car Buying Decisions

Learn to make effective car buying decisions ... whether it's your first or fifth car.

Mark Conner, Virginia Credit Union  
[Lindsey House](#) Conference Room

#### October 1

#### Free Money!

Take the free money from the [VCU Cash Match Plan](#) (for eligible employees) ... and make it work for you.

Greg Switzer, TIAA-CREF  
[Lindsey House](#) Conference Room

#### October 22

#### Solving the Mystery of Credit Cards

Learn the difference between credit cards and debit cards ... including how many to have, balance transfers, and how to eliminate debt.

Diana Clouse, Virginia Credit Union  
[McGuire Hall Annex](#), Room B-20

#### November 12

#### How to Retire with the VRS

Learn VRS retirement basics, including planning and applying for benefits, and VRS life insurance in retirement. *For VRS participants only.*

Daniel Jason  
VCU Human Resource Generalist  
[McGuire Hall Annex](#), Room B-20

### NEW DISCOUNTS AND SERVICES

**Overstock.com** – 10% off selected home and jewelry items.

**Regal Cinema VIP Super Saver Movie Tickets** are back at Barnes & Noble@VCU. Ask at any cash register.

**The Grocery Cart** – Grocery Delivery Service.

For more information on these and other VCU discounts, see the [Work/Life Discount Booklet](#)

### WHAT'S RETURNING TO VCU?

#### 2009 Service Awards Program

[Click here](#) for information on this year's recipients and reception dates.

#### 2009 CVC Campaign

**\$2 Can Do A Lot, CAN YOU?™**

Campaign Dates: Oct. 1-Nov. 30

For more information, see the CVC website at [www.vcu.edu/cvc/](http://www.vcu.edu/cvc/)

#### 2009 Heart Walk - October 24 Walkers and Team Leaders Needed!

Take advantage of this opportunity to give back to the community, while promoting heart-healthy living. **Free VCU team T-shirts.**

E-mail [worklife@vcu.edu](mailto:worklife@vcu.edu) for more information.