

2019 EMPLOYEE

BENEFITS FAIR

OCT. 10, 2019

10:00 AM – 3:00 PM

PRCC ESSEX ROOMS
350 MLK Jr. Blvd

Join our Annual Benefits Fair!

**Visit with Health Care Providers,
Investment Carriers, Financial
Experts, and Local Community
Partners.**

This is your annual opportunity to
review and update benefit selections
to meet your changing needs

Breakout Sessions...

Self Defense *by R.U.P.D.*

A brief introduction of basic techniques and practical applications

Wellness on Wheels *by RWJ Barnabas Health*

Visit the van to learn information on healthy diet and Hydroponic Greenhouse

Cooking Demo *by Gourmet Dining Services*

Watch the healthy food preparation demo

Yoga *by I'm So Yoga*

Relax the mind and body with the on-site yoga instructor

“Stop the Bleed” *by R.E.H.S*

Learn basic skills of immediate on-scene care for bleeding emergency

Zen Garden *by Division of Student Affairs*

Make your own Zen garden

Appy ½ Hour *by Kite n Key*

Tips and tricks for using smart phone Heath Apps

Available Services...

Flu Vaccines *by RU Occupational Health*

Massage *by Elmer*

Get Tickets to Win raffle prizes...

Collect all **vendor** signatures

Bring donations to support the following

Career Closet *by Career Development Center*

Non-Perishable Goods *by PantryRUN*

And more...

Open Enrollment begins Oct. 1, 2019.

Deadline to make changes and submit forms is Oct. 31, 2019

Changes will be effective January 1, 2020

For inquiries call (973) 353-5500 or visit <https://hr.newark.rutgers.edu/>