Enjoy daily events or tackle challenges with help from a coach.

USG Well-being will be hosting live events throughout June. The attendee links will be available on the USG Well-being Events page. Here’s a list of the events for this week.

- Tuesday: Self Care: Remaining Resilient
- Wednesday: Make the Most of your Retirement Savings
- Thursday: Switching Off: Preventing Digital Burnout
- Friday: Making a life while Making a Living: Work Life Synergy

Also, you can earn $15 well-being credits – support is just a phone call away. A lot of change at work and home can be tough to manage. Our
coaches are health experts that can provide personal support when it's most convenient for you.

- Get tips to decrease stress and be active.
- Learn how to stay connected with work, family and friends.
- Get help with health concerns like anxiety, depression, diabetes and substance abuse.
- Talk about challenges with money.

For more resources, visit:
Employees: Register through OneUSG Connect – Benefits at oneusgconnect.usg.edu > click on Manage My Benefits > click on the USG Well-being tile from the home page.
Spouses: Register through ourwellbeing.usg.edu.

SCHEDULE A CALL