UFCOM Presents
“Celebrating Wellness” Kick-Off Week*

February 11-17, 2019

Watch for more information on scheduled events and please plan to attend our noontime presentations (snacks provided at each session):

**Mental Health Resources for the UFCOM Community Panel Presentation**

Dr. Beth-Anne Blue (UF Employee Assistance Program); Dr. Gary Kanter (UF Psychiatry Clinic); Dr. Marcia Morris (UF Student Mental Health); Dr. Alexis Polles (Professionals Resource Network, Inc.); Dr. Beverly Vidaurreta (UFCOM Office of Student Counseling)

12-1pm in the Harrell Medical Education Building (Room 135)

**Get Happier at Work: Give Gratitude**

Dr. Ryan Duffy, Professor of Psychology

12-1pm in the Harrell Medical Education Building (Room 135)

**Getting to Inbox Zero**

Dr. Jennifer Duff, Associate Professor of Medicine

12-1pm in the Harrell Medical Education Building (Room 135)

**What’s Love Got to Do With It? Compassion, Self-Compassion, and Health**

Dr. Carol Lewis, Associate Professor of Psychiatry

12-1pm in the Harrell Medical Education Building (Room 135)

**9 Important Communication Skills in Your Significant Relationships at Home and Work**

Dr. Victor Harris, Associate Professor of Family, Youth, & Community Sciences

**12-1pm in the DeWeese Auditorium (McKnight Brain Institute LG-101A)**

*An introduction to existing programs to encourage ongoing attention to wellness all 52 weeks of the year!