



news you can use

Emory University Human Resources

March 3, 2025



Healthy Emory Connect: Nutrition Campaign

Embrace the power of food to heal and energize through Emory's Nutrition campaign! During the Nourish & Reflect Challenge, focus on eating a variety of fruits, vegetables, healthy fats, whole grains, and plant or lean animal protein. Limit foods and beverages high in added sugars, saturated fat, and sodium.

Join the Nutrition campaign to earn a **\$100 Emory Medical Plan Well-being Incentive** or reward when you **complete all 5 Nutrition activities** between **February 1 – March 31, 2025**. [Learn more on how to participate](#).

Sign in to your Sharecare app or healthyemory.sharecare.com. *Select Achieve > Nourish & Reflect > Join Challenge*. Track your balanced meals using the diet tracker for at least 21 days and read or watch all required materials by **March 31, 2025**.



Employee Well-being and Resources Expo

Attend the Employee Well-being & Resources Expo to discover resources available to you as an Emory employee, connect with experts, and find inspiration for your personal well-being goals. Explore resources across physical, financial, career, emotional, and social well-being. All Emory employees are welcome to drop in any time during the event. **Tuesday, March 18, 11:00 am - 2:00 pm, R. Randall Rollins Building, Margaret H. Rollins Ballroom**. [Learn more](#).

This event is brought to you by Healthy Emory, Staff Council, Emory Black Employee Network, and Emory Latinx Employee Resource Network.



Learning and Organizational Development (L&OD) is Accepting Applications for Upcoming Programs

Applications for the following leadership programs will be available on **March 10, 2025**:

- [Essentials of Leadership](#)
- [Aspiring Leaders](#)

The deadline for all applications is **Monday, April 21, 5:00 pm**. If you have any questions about the applications, email neffertiti.harwell@emory.edu.



Diversity and Inclusion Courses

The Diversity and Inclusion Education and Outreach (DIEO) team is offering four courses throughout March:

1. **Practicing Allyship Series: Navigating a Multigenerational Workplace**, Wednesday, March 5, 10:00 - 11:30 am
2. **Practicing Allyship Series: Introduction to Neurodiversity**, Thursday, March 6, 10:00 - 11:30 am
3. **Addressing Microaggressions**, Tuesday, March 18, 2:00 - 3:30 pm
4. **Practicing Allyship Series: Navigating a Multigenerational Workplace**, Thursday, March 20, 10:00 - 11:30 am
5. **Practicing Allyship Series: Introduction to Neurodiversity**, Wednesday, March 26, 2:00 - 3:30 pm

To register, log into Brainier and search for the course title. [Learn more about each course](#).

*If you see that a training course you would like to attend is already full, please JOIN THE WAITLIST!



Neura Health: Virtual Neurology Clinic

Emory University employees and their covered dependents aged 14+ with an Emory Aetna medical plan can access Neura Health, a virtual neurology clinic that offers video appointments with neurologists and sub-specialists within just one week! If you're living with conditions like migraine, post-concussive symptoms, epilepsy or undiagnosed neurological symptoms, Neura Health is ready to help.

Get more information and book an appointment within minutes on neurahealth.co/emory. Employees can also learn more by watching [this recording of a 30 minute webinar](#).



FSAP's March Offerings

FSAP's theme for FSAP's *How to Thrive in 2025* emotional well-being campaign is **Growth through Grief and Loss**. This theme explores ways to nurture emotional health during difficult times, recognizing them as opportunities for growth and resilience. Check out this month's resources:

Grief and Loss Support Session

March 27, 4:30 pm

Join this quarterly virtual support session designed to provide information about managing emotional well-being while navigating grief and loss. Participation is encouraged but not required. Learn more and [register](#).

Midweek Mindfulness Meditation

Wednesdays, noon - 1:00 pm

Join **every Wednesday** to learn strategies for staying centered and reducing stress levels. [Join](#) and [learn more](#).



Seeds of Well-being: Start Your Own Home Garden!

Ready to grow your own fresh, healthy food? Join the Health and Well-being Team for Seeds of Well-being, a hands-on workshop where you'll learn the basics of home gardening, from choosing the right plants to nurturing them for a thriving harvest. No experience needed - just bring your enthusiasm! Join us on **Wednesday, March 5** from **11:00 am - 12:00 pm**. Participate in person at the **O. Wayne Rollins Research Building, Room 1052** or join [virtually](#) by registering [here](#).



Employee Appreciation Day

Employee Appreciation Day is **Friday, March 7**. Now's the perfect time to think about how you'd like to recognize and thank your teammates for their hard work and contributions. You can show your gratitude and appreciation by sending an ecard with Emory's recognition platform, *Celebrate Others!* powered by OC Tanner. [Learn more](#).



Emergency Alert: A Guide to Reporting Work-Related Injuries

The Environmental Health and Safety Office (EHSO) is committed to ensuring the safety and health of Emory employees. In compliance with the Occupational Safety and Health Administration (OSHA) regulations, it is crucial to promptly report any serious occupational injuries or life-threatening emergencies. Adhering to these guidelines ensures timely medical treatment for the injured employee and allows EHSO to meet the regulatory reporting requirements. [Learn more](#).

Webinars, Workshops, and Training

March 18

Take Charge of Your Reproductive Health Journey: Advocate for Yourself at Every Stage

12:00 - 1:00 pm | Virtual

Join Maven for a live event to learn strategies on how to take charge of your reproductive health. Whether you're trying to conceive, navigating fertility treatments, experiencing pregnancy, raising a family, or approaching menopause, knowing how to advocate for yourself is essential. [Register](#).

March 21

Emory Recruiting Systems (iCIMS) Training for Staff and ETS Hiring

11:00 am | Virtual

This course provides an overview of Emory's recruitment process for staff and Emory Temporary Services (ETS) hires. Participants will walk through the hiring process step by step and learn how to use the iCIMS system, followed by a Q&A session. The course is designed for those in Requisition Administrator or Hiring Manager roles, as well as individuals with questions about the staff hiring process.

Register via **Brainier** in **Self-Service**: Self-Services> Talent Mgt> Brainer> Search for the training with keywords 'Emory Recruiting System (iCIMS) Training - Staff & ETS Hiring'

March 26

Raise Resilient Teens: Strengthening Connection and Optimism in Challenging Times

12:00 - 1:00 pm | Virtual

In this interactive two-part workshop, you will gain evidence-based strategies to strengthen resilience, foster optimism, and support your tweens and teens as they navigate today's complex world. This session (part 1 of 2) will focus on how positive parent-youth relationships serve as a critical buffer against anxiety, depression, and suicidal thoughts. [Register](#).

News from Around Campus

- Join the **Emory Microsoft Excel Boot Camp** to gain practical, in-depth Excel skills with a touch of humor. Designed for novice to intermediate users, this course covers essential tools for analytics, data management, and productivity. This course is provided in HyFlex format, allowing students to choose live, instructor-led class online via Zoom, or in person at Emory Continuing Education. Registration is open for the **March 21, 2025**, start date. Use code **EAGLE12** at checkout for a **10% discount** (Speedtype is accepted). [Learn more](#).
- **The Atlanta Science Festival** is back from **March 8-22**, featuring over 100 events across the metro area. Many of these events are hosted by the Emory community, offering the public an opportunity to participate in engaging, interactive, and educational experiences. [Learn more](#).
- Emory's **Master of Arts in Bioethics** is a premier program offering flexible, interdisciplinary study for professionals in healthcare, public health, and biomedical research. This program addresses the social and ethical challenges in these fields. Emory faculty and staff may be eligible for the Emory Courtesy Scholarship, which covers course tuition. [Join an upcoming information session to learn more](#).
- **The Science on Spiritual Health Symposium (SOS)** is an annual gathering of international leaders at the forefront of spiritual health research, practice, and innovation. It is a celebration of new scientific and clinical findings in spiritual health and psychosocial medicine that are poised to transform the medical system's approach to treating mental and physical ailments. This is a two-day event **April 2, 5:00 - 9:30 pm & April 3, 9:30 am - 5:00 pm**. In-person attendees will enjoy a catered Soiree after the first evening of talks and lunch on the second day. [Register](#).
- **Rollins School of Public Health** is offering non-degree seeking courses for employees. Expand your knowledge and engage with our faculty in course options like: Perspectives in Environmental Health, Addressing Key Issues in Global Health, Topics in Applied Epidemiology, Healthcare Administration Law, and Social Behavior in Public Health. The application deadline is **April 30** for summer of 2025 admission. [Learn more](#).
- **Undergraduate Online Summer Courses in Business for Emory Staff and Dependents**: Goizueta Business School is offering a schedule of online undergraduate courses across all areas of business this summer. Courses will be offered in accounting, business law, finance, information systems and operations management, marketing, and management, and most have no prerequisites. Emory Courtesy Scholarship can be applied towards tuition for Emory employees and their family members. [Learn more](#).



EMORY

EMORY UNIVERSITY HUMAN RESOURCES

ADDITIONAL LINKS AND RESOURCES

- [Human Resources Website](#)
- [Faculty Staff Assistance Program](#)
- [Benefits and Worklife Department](#)
- [Healthy Emory](#)
- [Employee Discounts](#)
- [Blomeyer Health Fitness Center](#)
- [Emory News Center](#)

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