Employee Assembly Presentation Highlights:

1. **New “7-Dimensions of Wellbeing” Model:** Each of the seven wellbeing dimensions have descriptions and services provided at:
   
   https://hr.cornell.edu/wellbeing-perks/seven-dimensions-wellbeing

2. **Work/Life Consultation Services:** If you have questions, concerns or need help navigating Cornell services, contact us for a consultation. Let’s connect if you are struggling with work/life fit, pregnancy, parenting, breastfeeding or lactation support, domestic violence, adult or eldercare, transitioning to retirement, financial stress, etc. Check the Career Digest for upcoming workshops, support groups, links to articles, etc.

   Contact Diane Bradac at WorkLife@cornell.edu, 607-255-1917 or SDB39@cornell.edu

3. **Financial Support:** Stressed financially and don’t know where to turn?

   Perks and Discounts: https://hr.cornell.edu/wellbeing-perks/perks-discounts
   
   Credit Counseling: https://hr.cornell.edu/wellbeing-perks/financial-wellbeing
   
   Emergency CARE Fund: https://hr.cornell.edu/carefund
   
   Campus to Campus Transportation Assistance (to NYC): https://cornell.qualtrics.com/jfe/form/SV_9vu2hyNmHbKgXo9

4. **Parenting Resources:** Free Care.com membership access to help Cornell employees, retirees, and grad/professional students find babysitters, nannies, tutors, elder care companions, pet care, home care, and more

   https://hr.cornell.edu/wellbeing-perks/relationship-wellbeing#children
   
   http://www.hr.cornell.edu/careatwork

5. **Adult and Eldercare:** Resources, workshops and Caregiver Support and Educational Network (CSEN)

   https://hr.cornell.edu/wellbeing-perks/elder-adult-care/caregiving-workshops

6. **Retirement Engagement:** Considering or planning for retirement? Retired but want to stay engaged?

   Retirement Planning: https://hr.cornell.edu/benefits-pay/retirement-finances/retirement-and-savings/pre-retirement-planning

7. **Contact the Work/Life Office:** Interactive and informational e-lists and newsletters are a good source to keep informed and aware of services, topics and activities, Join the e-lists at: HR.Cornell.edu/e-lists

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