

# Human Resource Services

## Winter 2019 Event & Course Offerings

**Brooklyn College** | Health and Wellness Initiative

### Lunch & Learn Series

#### Healthy Holiday Life Hacks

Come and learn some healthy holiday hacks to ensure you enjoy a healthy holiday season.

**Dates/Times:**  
**Thursday, December 12<sup>th</sup>**  
(12:15pm- 1:15pm)

**Course Code:** HRS2020-7

**Location:** Library, Room 411

#### Surviving Cold & Flu Seasons Using a Food First Approach

Come find out how to boost your immunity and nourish your body to fight off cold and flu season.

**Dates/Times:**  
**Tuesday, January 14<sup>th</sup>**  
(12:00pm- 1:00pm)

**Course Code:** HRS2020-8

**Location:** 1156 Boylan Hall  
(Finance & Administration Training Room)

#### A Healthy Heart, Nothing Beats It

Join us during National Heart Month to learn ways to improve heart health, control blood pressure and cholesterol

**Dates/Times:**  
**Tuesday, February 11<sup>th</sup>**  
(12:00pm- 1:00pm)

**Course Code:** HRS2020-9

**Location:** 1156 Boylan Hall  
(Finance & Administration Training Room)

#### Diabetes Prevention: Take Charge of Your Health

In advance of National Diabetes Alert Day join us to talk about diabetes prevention. 1 out of 3 adults is at risk for developing diabetes, over 90% don't know it. This workshop will provide top tips on nutrition, movement and beyond that can help lower the risk of developing diabetes.

**Dates/Times:**  
**Tuesday, March 10<sup>th</sup>**  
(12:00pm- 1:00pm)

**Course Code:** HRS2020-9

**Location:** 1156 Boylan Hall  
(Finance & Administration Training Room)

#### CUNY/Work Life Program presented by Deer Oaks

Free Work/Life and daily living services available through your Employee Assistance Program. Counselors are available to assist with multiple resources such as finding pet sitters, child and elder care facilities, tutors, home repair, veterinarians, moving services etc.

To access the program, simply call the Toll Free Helpline (855) 492-3633. Visit the website at [www.deeroakseap.com](http://www.deeroakseap.com)

### Benefits Series

#### TIAA Campus Visits

A representative from TIAA will be on campus to meet with you.

**Dates/Times:**  
**Monday, December 2<sup>nd</sup>**  
**Tuesday, December 3<sup>rd</sup>**  
(9:00am-5:00pm)

**Location:**  
Library Room 283

**RSVP is required. Please register online at**

[www.TIAA.org/schedulenow](http://www.TIAA.org/schedulenow)

#### Medicare Informational Workshop

Medicare informational seminar presented by NYC Department of Aging (DFTA).

**Dates/Times:**  
**Wednesday, December 18<sup>th</sup>**  
(11:00am- 1:00pm)

**Location:** 1156 Boylan Hall

**Course Code:** HRS2019-38

To Register for workshops [Click Here](#) . A BCWebCentral ID is required to register for courses. Non-Tax Levy and Research Foundation employees, email [hrstraining@brooklyn.cuny.edu](mailto:hrstraining@brooklyn.cuny.edu) to register.

# Human Resource Services

## Winter 2019 Event & Course Offerings

### HRS Compliance Trainings

The same CUNY Workplace Violence Training available on Blackboard brought to you in a classroom style setting.

**Dates/Times:**  
**Thursday, January 16<sup>th</sup>**  
(10:00am- 11:30pm)

**Course Code:** HRS2020-12

**Dates/Times:**  
**Wednesday, February 13<sup>th</sup>**  
(2:00pm- 3:30pm)

**Course Code:** HRS2020-13

**Location:** 1156 Boylan Hall (Finance & Administration Training Room)

### ESPARC: Sexual Misconduct Training (Classroom Training)

**Dates/Times:**  
**Wednesday, January 15<sup>th</sup>**  
(10:00am- 11:00am)  
**Course Code:** HRS2020-1

**Dates/Times:**  
**Wednesday, February 19<sup>th</sup>**  
(10:00am- 11:00am)  
**Course Code:** HRS2020-2

**Dates/Times:**  
**Wednesday, March 18<sup>th</sup>**  
(10:00am- 11:00am)  
**Course Code:** HRS2020-3

**Dates/Times:**  
**Wednesday, April 15<sup>th</sup>**  
(10:00am- 11:00am)  
**Course Code:** HRS2020-4

**Location:** 1156 Boylan Hall  
(Finance & Administration Training Room)

### HRS Compliance Trainings

#### **ESPARC: Sexual Misconduct Training (Classroom Training)**

**Dates/Times:**  
**Wednesday, May 20<sup>th</sup>**  
(10:00am- 11:00am)  
**Course Code:** HRS2020-5

**Dates/Times:**  
**Wednesday, June 17<sup>th</sup>**  
(10:00am- 11:00am)  
**Course Code:** HRS2020-6

**Location:** 1156 Boylan Hall  
(Finance & Administration Training Room)

### Staff Professional Development

#### **Brooklyn Public Library Free Resume Editing Services**

Brooklyn Public Library (Midwood Location) offers free one-on-one appointments Tuesdays & Fridays to anyone looking for resume editing or job searching advice. This service is available to the public.

**For more information or to  
make an appointment email  
[lford@bklynlibrary.org](mailto:lford@bklynlibrary.org)**

### Magner Career Center Student Trainings

Magner Career Center provides students the knowledge, skills, values and opportunities essential to fulfilling their career aspirations. Through partnerships with employers, alumni, faculty and staff students are prepared to succeed in today's competitive global economy. Programs at the Magner Career Center include:

- Career Education
- Internships/Internship Stipends
- Mentoring and Networking
- Professional Development
- Job Search & Recruitment

To view all of the workshops for students offered by the Magner Career Center please click here:

<https://tinyurl.com/magnerworks hops2019>

To Register for workshops [Click Here](#) . A BCWebCentral ID is required to register for courses. Non-Tax Levy and Research Foundation employees, email [hrstraining@brooklyn.cuny.edu](mailto:hrstraining@brooklyn.cuny.edu) to register.