



Oswald E. Fraser  
AVP for Administration  
T. 212.237.8512  
ofraser@jjay.cuny.edu

## MEMORANDUM

TO: John Jay College Employees

FROM: Oswald E. Fraser, AVP for Administration

DATE: June 15, 2022

RE: CUNY New Wellness Program

The Office of Human Resources is excited to announce that University Benefits Office (UBO) have compiled resources that are available to John Jay College employees on a new CUNY Employee Wellness Program webpage <https://www.cuny.edu/about/administration/offices/hr/benefits/wellness-program/>. The webpage includes resources and information from the different healthcare carriers, our EAP vendor CCA, and New York City's WorkWell program. It will also have information on upcoming programs and events.

Nothing is more important than your health, but staying fit and living well can be a challenge. CUNY offers a variety of programs to inspire you to make healthy choices, support your personal goals and help you stay motivated.

### Upcoming CCA webinars

#### **June 16, 2022 – Manager Orientation: Getting the Most from Our EAP Partner**

CCA@YourService supports CUNY's leaders and managers everyday with the issues that affect CUNY, their teams, as well as their personal lives. On Thursday, June 16th from 10-10:30am join this free information session to find out more about the services CCA provides.

For more information including how to attend this virtual session – Please see the [Program Flyer](#)

---

#### **June 21, 2022 – Finding Yourself Through Nature Seminar**

Discover the importance of being outside; find your own way to enjoy nature and increase your wellbeing. This online seminar will be available on demand starting June 21, 2022 at noon through [CCA's CUNY Work/Life Program](#) website. You do not need to register in advance to attend. You can view the presentation and download all accompanying materials any time after June 21, 2022.