



The Freeman Center

HEALTHY AND WELLNESS NEWS

The CNU Employee Fitness Class will once again be available and free to faculty and staff. This popular tradition offers an opportunity to get fit, reduce stress and meet other colleagues while having fun. A variety of exercise modes will be used during this exercise program to include High-Low Aerobics, Body Sculpting and Zumba.

Days: Mondays and Wednesdays

First Class: Monday, September 12, 2011

Time: 5:20 - 6:00 pm

Location: The Freeman Center Multipurpose Room #1

Instructor: Ada Badgley

Last Class: Wednesday, December 7, 2011

How to Register: E-mail or call Human Resources at hr@cnu.edu or 4-7145. Please provide your first and last name, the name of your department and your office phone number.

Special thanks to Lisa Wingfield, Director of Triesmann Health and Fitness Pavilion and Ada Badgley, Acting Assistant Director for Residential Development for providing this free class for all employees!

PERSONAL FINANCIAL PLANNING

ANNOUNCEMENT



The Office of Human Resources arranged for financial representatives from ING-Deferred Comp and TIAA-CREF to visit the CNU campus next week in the Office of Human Resources. Interested employees can meet with their representatives one-on-one to review and discuss their personal investment options.

ING-Deferred Comp will be here Tuesday, Sept. 6th from 9:00AM until 4:00PM. To make an appointment, please email Mackenzie Moss at mackenzie.moss@us.ing.com

TIAA-CREF will be here Thursday, Sept. 8th from 8:00AM until 5:00PM. To schedule an appointment, please email Maria Kersey at mkersey@tiaa-cref.org

We encourage you to take advantage of this opportunity!

DISCOUNT PROGRAM

GET DISCOUNTS THROUGH YOUR EMPLOYER ON PHONES, CALLING PLANS, ACCESSORIES & MORE!



VERIZON EMPLOYEE DISCOUNT PROGRAM

As a CNU/Commonwealth of Virginia employee, you are eligible to receive discounts from Verizon on phones, calling plans, accessories and more through the state agency employee discount program. To register, go to:

<http://www.verizonwireless.com/b2c/employee/emaildomainauthentication.jsp>.

Don't miss this savings opportunity!

Interested in finding out more about Employee Discounts?

The Department of Human Resource Management created a list of vendors that offer savings to Commonwealth of Virginia employees. For more information, visit the [website](#).