February 11-17, 2019
Watch for more information on scheduled events and please plan to attend our noontime presentations (snacks provided at each session):

**Mental Health Resources for the UFCOM Community**

**Panel Presentation**
Dr. Beth-Anne Blue (UF Employee Assistance Program); Dr. Rob Averbuch (UF Psychiatry Clinic); Dr. Marcia Morris (UF Student Mental Health); Dr. Alexis Polles (Professionals Resource Network, Inc.); Dr. Beverly Vidaurreta (UFCOM Office of Student Counseling)

*Monday February 11 at 12-1pm in the Harrell Medical Education Building (Room 135)*

[Click here to livestream](#)

**Get Happier at Work: Give Gratitude**

Dr. Ryan Duffy, Professor of Psychology

*Tuesday February 12 at 12-1pm in the Harrell Medical Education Building (Room 135)*

[Click here to livestream](#)

**Inbox 0: Let’s Do This!**

Dr. Jennifer Duff, Assistant Professor, Department of Medicine, Division of Hematology and Oncology

*Wednesday February 13 at 12-1pm in the Harrell Medical Education Building (Room 135)*

[Click here to livestream](#)

**What’s Love Got to Do With It?**

**Compassion, Self-Compassion, and Health**

Dr. Carol Lewis, Associate Professor of Psychiatry

*Thursday February 14 at 12-1pm in the Harrell Medical Education Building (Room 135)*

[Click here to livestream](#)

**9 Important Communication Skills in Your Significant Relationships at Home and Work**

Dr. Victor Harris, Associate Professor of Family, Youth, & Community Sciences

**Friday February 15 at 12-1pm in the DeWeese Auditorium (McKnight Brain Institute LG-101A)**

[Click here to livestream](#)

*An introduction to existing programs to encourage ongoing attention to wellness all 52 weeks of the year!*