The University provides a variety of health promotion, employee assistance, child care and elder care programs for University employees who are benefits-eligible. These services are provided by trained and certified helping professionals.

**Employee Assistance Counseling/Consultation** provides free, voluntary and confidential consultation, short-term counseling when appropriate, and referral to community resources.

**Elder Care and Life Cycle Resources** offers assistance to employees providing care for aging family members or anticipating their own needs as they approach retirement.

**Worksite Wellness** provides educational presentations on nutrition, fitness, body image, cancer prevention, conducts worksite health screenings and lifestyle consultations, provides referrals to community resources, and offers CPR training.

**Child Care and Family Resources** provides child care services and information to faculty, staff and students. These programs include resource and referral services, a sick child care program and a financial assistance program for child care expenses.

Additional information is available from UA Life&Work Connections or online as follows: