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TODAY

TOMORROW

THURSDAY

Online Tai Chi Class via Zoom

Join our online Tai Chi Class every Tuesday and Friday, 9:30 am - 10:30 am via Zoom. The Alfred Tai Chi Group's daily practice was suspended temporarily due to the coronavirus. We have now set up a new way for people to exercise together on Zoom!

Specifically, we will be practicing Qigong, 24-form Tai Chi and Taiyi Swimming Dragon under the instruction of a Confucius Institute teacher and videos. No experience is needed, we welcome beginners! If you have any questions, feel free to contact Jialin Fang at fangj@alfred.edu.

Here is the Zoom meeting link and ID below:

Meeting Link: <https://alfredu.zoom.us/j/6250338420>

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Link: <https://alfredu.zoom.us/j/6250338420>

Submitted by: Confucius Institute at Alfred University

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HR Tip of the Month

Did you know that as an employee of Alfred University you could take advantage of discounts to save you money?

AT&T:

- (Foundation Account #02511900) -20% off base plan
- Visit nearest retail store or online <https://www.att.com/offer...>
- Existing customers call 866-355-8923 to enroll

Verizon Wireless:

- 19% off base plan
- Visit www.verizonwireless.com/b...

SUNY Perks at Work:

- Create a free account with your Alfred e-mail and unlock perks for employees
- Visit <https://www.perksatwork.c...>

Employee Assistance Program:

- Visit <https://my.alfred.edu/hr/...> to learn more about our EAP program and the benefits offered to you and your family members
- 8 free in-person counseling sessions, per incident, per year (not only for employees but their families as well)

-Child/Elder Care Resources, Legal and Financial Consultations, Virtual Concierge, Wellness Resources, Health Advocacy, Online Resources, and Employee Education E-Learning Courses
-Your entertainment benefit provides access to a myriad of different categories including hotels, theme parks, movies, venues, and stores. To access your discounts, click the Entertainment button in the menu or visit www.workingadvantage.com. For new users, a onetime registration is required. Use the Company Code: 871915611.

Submitted by: Kayleigh Jones

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