

Wellbeing Resources

- Kiz Adams, UGA's well-being coordinator
 - kizadams@uga.edu or 706-255-3592 (cell)
- **KEPRO Employee Assistance Plan (EAP)**
 - Help for coping with stress related to the COVID-19 outbreak or other life matters is available through the KEPRO Employee Assistance Plan via phone at 844-243-4440 or online at EAPHelplink.com (company code is **USGCares**).
 - Services are available to all full and part time employees and their families and other members of their household.
- **Mindfulness Moment** – Participate in a daily mindfulness moment with your campus community.
 - Every day at 9 a.m., will lead a short (less than 10-minute) mindfulness practice.
 - You can join via Zoom at <https://zoom.us/j/246032955>
- Many other wellbeing resources available on the [Wellbeing website!](#)

