

2021 Wellness Offerings

In this new year, Human Resources is pleased to offer many new and updated community wellness opportunities, such as:

- [At-home resources and activities](#) for children and employees.
- A New Book of the Month series, in collaboration with the Pepperdine Libraries. January's book is [The Next Right Thing: A Simple, Soulful Practice for Making Life Decisions](#) by Emily P. Freeman.
- New monthly wellness themes to highlight different tenets of well-being throughout the year. January's wellness theme is Healthy Physical Habits, for which we have created a [helpful resource guide](#).
- Updated [tutoring](#) and [child care](#) center pricing and contact information.

This year, we hope you find renewed success both at work and at home, and continue to see abundant growth.

Happy New Year!

