

# S.M.A.R.T. STAFF WINTER RETREAT & WORKSHOP

**01 DEC 2022**

**12:00 PM**

CTR 101/102

**DR. KIM WILLIAMS - KEYNOTE**

[DIET & EXERCISE](#)

**1:00 PM**

CTR 101/102

**DR. DWAYNE COMPTON**

[DEI RESOURCES @ ULSOM](#)

**2:30 PM**

101 / 123 / 124

**CAMPUS RECREATION**

[HSC FITNESS OPPORTUNITIES](#)

**GET HEALTHY NOW**

[WHAT IT MEANS TO GET HEALTHY](#)

**EMPLOYEE SUCCESS CENTER**

[RESOURCES FOR UOFL STAFF](#)

**3:15 PM**

101 / 123 / 124

**COMMONWEALTH CREDIT UNION**

[CCU & YOU](#)

**GET HEALTHY NOW**

[WHAT IT MEANS TO GET HEALTHY](#)

**ACADEMIC TECHNOLOGY OFFICE**

[YOUR SOM SUPPORT TEAM](#)

**4:00 PM**

101 / 123 / 124

**EMPLOYEE SUCCESS CENTER**

[RESOURCES FOR UOFL STAFF](#)

**COMMONWEALTH CREDIT UNION**

[CCU & YOU](#)

**GET HEALTHY NOW**

[WHAT IT MEANS TO GET HEALTHY](#)

**4:30 PM**

CTR FOYER

**STAFF AWARDS RECEPTION**

ENJOY LIGHT REFRESHMENTS WITH  
COLLEAGUES PRIOR TO THE EVENT

**5:00 PM**

CTR 101/102

**STAFF AWARDS PRESENTATION**

[CONGRATULATIONS TO ALL  
NOMINEES!](#)

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