



Life & Work Connections

Life & Work Connections offers a variety of programs and services to support the health and well-being of University of Arizona employees.

Workshops | Monthly e-newsletters

Mental & Emotional Health

- Employee Assistance Counseling
- Mental Health Screenings
- Suicide Prevention Classes

Financial, Legal & Home

- Financial Wellness | Legal Resources
- Relocation Services



Childcare & Parenting

- Childcare Reimbursement | Back-Up Care Program
- Parenting & Childcare Consultations
- Family-Friendly Spaces | Family Resource Map

Preventative Health Services

- Mini-Health Screenings | Health Checks | Flu Shots
- Mammograms and Prostate Exams
- Move Arizona | Health Impact Program



Adult & Elder Care

- Adult & Elder Care Consultations