

Social RESOURCES



UTA Community

Employee Resources Groups (ERGs)

- ▶ Connect, network, and build community

 go.uta.edu/erg

Staff Advisory Council (SAC)

- ▶ Engage and get involved on campus

 uta.edu/administration/sac

Employee Advisory Council (EAC)

- ▶ Staff representation within UT System

 uta.edu/hr/eac

UTA Events Calendar

- ▶ Discover campus activities

 events.uta.edu

UTA Wellness Programs

- ▶ Wellness events and challenges

 uta.edu/wellness

Living Well Powered by WebMD One

- ▶ Personalized wellness plans

 webmdhealth.com/UTS

Volunteer Opportunities

Mission Arlington

- ▶ Volunteer to support the community

 missionarlington.org

North Texas Food Bank

- ▶ Volunteer to fight hunger

 ntfb.org

Arlington Life Shelter

- ▶ Support local families in need

 arlingtonlifeshelter.org

American Red Cross North Texas

- ▶ Volunteer and give back

 redcross.org

Meals on Wheels North Central Texas

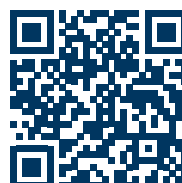
- ▶ Support your community in need

 mealsonwheels.org

Volunteer Match

- ▶ Find volunteer opportunities

 idealist.org/volunteermatch



Access more resources
and learn about the Eight
Dimensions of Wellness at

UTA.EDU/WEELLNESS