



GET ENGAGED

AhealthyU: Faculty and Staff Wellness Program

- Brown Bag Lunches
- Cooking Demos
- Farmers Market
- Group Exercise Classes
- Seated Massage
- Learn more at <https://www.american.edu/hr/ahealthyu/>

Affinity Groups: A collection of people linked by a common purpose or interest.

- Black Faculty Staff Affinity Group
- Latino & Hispanic Faculty Staff Affinity Group
- LGBTQ+ Faculty Staff Affinity Group
- Learn more at <https://www.american.edu/hr/community/>

Athletics

- Attend Patriot League sporting events

Breaking Bread

- Free food! Break bread! Students, faculty, staff! Come together at the table for lunch at the new University Dining Club. Break bread break barriers.
- Learn more at <https://www.american.edu/finance/breaking-bread/>

Campus Tours

- [Arboretum Walking Tour](#)
- [Admissions Tour](#)
- [Sustainability Tour](#)

Center for Community Engagement Service

- MLK Day of Service
- Read Across America
- Alternative Breaks
- Learn more at <https://www.american.edu/ocl/volunteer/>

Center for Diversity & Inclusion (CDI)

- The CDI is dedicated to enhancing LGBTQ, multicultural, first generation, and women's experiences on campus.
- Learn more by visiting <https://www.american.edu/ocl/cdi/>

Development & Alumni Relations

- Women's Network
- Alumni Affinity Groups including the staff alumni group the Eagle's Nest
- Learn more at <https://alumniassociation.american.edu/s/1395/rd17/interior-2col.aspx?sid=1395&gid=1&pgid=338>



GET ENGAGED

Kay Spiritual Life Center

- The Kay Spiritual Life Center is American University's interfaith center and home to two dozen religious communities.
- Learn more at <https://www.american.edu/ocl/kay/>

Professional Development: courses offered by Human Resources

- e-Learnings through [AsuccessfulU](#)
- Being Inclusive: A Storytelling Series
- Introduction to the Myers-Briggs Type Indicator (MBTI)
- The 7 Habits of Highly Effective People
- And more!
- Learn more at <https://www.american.edu/hr/professional-development/>

Recreational Sports & Fitness

- Group Exercise Classes
- Personal Training
- Intramural Sports
- Learn more at <https://www.american.edu/recfit/>

Staff Appreciation Week

- Join us on June 3 – 7 as we celebrate the contributions and accomplishments of our staff. The week includes favorite events such as the staff picnic, volleyball tournament, Years of Service and Staff Performance Awards luncheon. And bakers, heat your ovens! The cupcake bake-off is back.

Staff Council

- Supports AU staff through University committee leadership, understanding concerns, advising AU leadership on staff needs, community building, professional development, and service
- StaffCon2019 on June 4, 2019
- Eagle 5k on June 12, 2019
- Fall Staff Reception
- Open meetings on the 1st and 3rd Tuesday of the month
- Learn more at <https://www.american.edu/staffcouncil/>

Vocal Ensembles

- AU Chamber Singers
- AU Chorus
- Gospel Choir
- Learn more at <https://www.american.edu/cas/performing-arts/music/vocal-groups>