

### Virginia Tech President Tim Sands will deliver State of the University Address on Sept. 7

Virginia Tech President Tim Sands will deliver his third State of the University Address on Friday, Sept. 7, at 3:30 p.m. in the Moss Arts Center.

Doors will open at 3 p.m. in the Anne and Ellen Fife Theatre, located within the Moss Arts Center's Street and Davis Performance Hall at 190 Alumni Mall. A student performance will precede the address.

The event is free and open to the public, and the Virginia Tech community is encouraged to attend. The university will livestream the event so that students, faculty, staff, parents, and alumni located outside Blacksburg can participate.

During his address, Sands will reflect on the previous school year and share his aspirations and ideas for the university in the current academic year.

For additional information on the State of the University Address, visit the [vt.edu/state-of-university.html](http://vt.edu/state-of-university.html).

### Register now for fall 2018 professional development classes

Registration is open now for fall 2018 professional development courses offered by the Division of Human Resources.

Sessions fill up quickly and space is limited. View the 2018 fall schedule at [uopd.vt.edu/content/dam/uopd\\_vt\\_edu/development\\_schedule.pdf](http://uopd.vt.edu/content/dam/uopd_vt_edu/development_schedule.pdf) for a list of workshop offerings and dates. Full workshop details are available at [uopd.vt.edu/professional-development/current-offerings/current-professional-development.html](http://uopd.vt.edu/professional-development/current-offerings/current-professional-development.html). To attend a workshop, register online using the following instructions:

1. Go to [training.vt.edu](http://training.vt.edu).
2. Select "View By Alpha."
3. Search for the course title and select.
4. Select the date of the class you wish to attend and follow the on-screen instructions to complete your registration.

Printed copies of the 2018 fall schedule are not available. If you need a hardcopy, please print the online schedule.

For more information, or to inquire about bringing organizational and professional development services directly to your team or department, contact the Human Resources professional development team at **540-231-5100**.

### Optional benefits open enrollment starts Aug. 27

Open enrollment for optional benefits, including Aflac, Legal Resources, and New York Life Insurance starts **Monday, Aug. 27, 2018**. Optional benefits are available to enhance employees' benefits package with Virginia Tech. During this open enrollment period, employees will be able to enroll in, drop, or change coverage without experiencing a qualifying event.

For more information, visit [vtnews.vt.edu/notices/hr-optional-benefits-open-enrollment-2018-082018.html](http://vtnews.vt.edu/notices/hr-optional-benefits-open-enrollment-2018-082018.html).

### Join Hokie Wellness for Walking Wednesday kick-off on Aug. 29

Hokie Wellness is pleased to announce the introduction of a new program: Walking Wednesdays.

Members of the Hokie Wellness team will be on the steps of Burruss Hall on Wednesday, Aug. 29, at 11:45 a.m. to hand out tracking cards.

Hokies are encouraged to join a friend for a 30-minute walk around campus or town every Wednesday at lunch time. Hokie Wellness will provide tracking cards for those walking each Wednesday. Stop by the Hokie Wellness table each week to have the tracking card validated.

Complete nine walks this semester, get your card stamped, and earn one entry into a drawing for a Yeti Roadie 20 cooler. Complete 12 walks and earn two entries for the drawing. Complete all 16 walks and earn three entries into the drawing. The tracking card must be returned on Dec. 19. (Please note that due to regulations and policy, the winner will be taxed through payroll for the value of the cooler.)

For more information, contact Hokie Wellness at [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu) or by calling 540-231-8878.

### New vt.edu site design live Aug. 23

A new design for vt.edu, the main website for Virginia Tech, will go live on Aug. 23. The anticipated switch to the new design is scheduled to occur around noon. In the hours leading up to the launch, the web team within University Relations and Information Technology will coordinate on the transition to the new website. Those visiting the website should not experience any downtime. However, the experience between the existing design and new template may vary during the afternoon.

For more information on the change and the process, visit [hr.vt.edu/benefits/optional-benefits-open-enrollment.html](http://hr.vt.edu/benefits/optional-benefits-open-enrollment.html). For questions or concerns, please email [askvt@vt.edu](mailto:askvt@vt.edu).

### Hokies Live Well fall program encourages participation in wellness activities

Hokies Live Well is a program offered by Hokie Wellness for Virginia Tech employees to participate in wellness activities throughout the semester. The fall program, which became available Aug. 13, includes the following categories: move well, eat well, relax well, and be well. Participants who complete 12 different activities, a minimum of three from each category, will receive a free Hokies Live Well dual-compartment food koozie.

To participate:

- Register for Hokies Live Well at [survey.az1.qualtrics.com/jfe/form/SV\\_1X3hfled3VCS03H](https://survey.az1.qualtrics.com/jfe/form/SV_1X3hfled3VCS03H).
- Print out the Hokies Live Well tracking log at [hokiewellness.vt.edu/content/dam/hokiewellness\\_vt\\_edu/doc/HokiesLiveWellTracker\\_Fal12018.pdf](http://hokiewellness.vt.edu/content/dam/hokiewellness_vt_edu/doc/HokiesLiveWellTracker_Fal12018.pdf).
- Get started living well by participating in or attending activities listed on the tracking log.
- Turn in your tracking log at the North End Center (Suite 2300) on Dec. 6 from 8 a.m. – 1 p.m. or Dec. 7 from 12 – 5 p.m. Extended campus participants should email their tracking log to [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu) by Dec. 7. **NOTE:** Logs must be received by these dates in order to receive incentive.
- The food koozie can be picked up at the Hokie Wellness table at the Employee Health and Benefits Fair (McComas Hall) on Wednesday, Jan. 16, 2019. The food koozie will be mailed to off-campus participants.

For more information, contact Hokie Wellness at [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu) or by calling 540-231-8878.

### Virginia Tech Board of Visitors to meet Aug. 25-27

The Virginia Tech Board of Visitors will hold its quarterly board meeting on Monday, Aug. 27, at The Hotel Roanoke and Conference Center.

During the three-day meeting, board members will receive reports on the university's strategic plan; the Commonwealth Cyber Initiative; the recent Gallup survey; Virginia Tech Carilion Research Institute and related health sciences and technology initiatives; and safety, security, and preparedness at satellite campus locations. Board members will also receive design previews of the Livestock and Poultry Research Facility and the Student Athlete Performance Center Facilities and will consider resolutions to amend the parental leave policy to align with the Governor's executive order and to establish an extended campus site at the Arlington center.

Public comment will not be received at the meeting. More information may be found at [bov.vt.edu](http://bov.vt.edu).

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