



SAS Work/Life Featured Classes and Workshops

All workshops are open to SAS employees, employee spouses and domestic partners, retirees and other immediate family members. If you are not a SAS employee, register for a seminar by sending an e-mail to the [SAS Work/Life team](#) with the following information:

1. Your affiliation to SAS: Retiree and retirement date, SAS employee family member, and employee ID number.
2. The seminar(s) you are interested in by title and date. If your seminar is available on-site only, the Work/Life team will confirm your registration via e-mail and send directions to the seminar location. If you are unable to attend on-site, request instructions for accessing an archived edition via the internet.

This does not apply to Fidelity seminars, where you will register directly with Fidelity and the link to register is included (you will need your Fidelity Net Benefits log in to register)

Upcoming events

Relationship Renew Email Series

Weekly Email in January, 2025

Join Work/Life in January for a month of weekly emails helping you prioritize and renew your romantic relationship. Each email will include information on 1) Relationship Resources, Research, and Insights; 2) Questions for Conversation and Closeness; and 3) Weekend (or free time) Ideas. Participants will have the opportunity to join an end of the month discussion group. Register yourself and your partner so you can discuss the suggestions together!

Questions?, contact [Lisa Allred](#), 919-531-2251. ***REGISTER***

Healthy Habits 2025: Learn to Live Your Best Life

February 3 – March 2

[Register by Jan. 29](#)

Want to improve your health but feel overwhelmed with where and how to start? The SAS Healthy Habits Team is here to help! We're here to help you make small adjustments that over time can make a big difference.

Healthy Habits is a 4-week online program designed to help you make small improvements in the areas of stress, sleep, nutrition and movement that will make a lasting impact on your overall health.

In 2025, choose the path that best fits your style - Self-led or Guided.

With support and advice from your Healthy Habits Team, ALL participants will:

- Implement simple, manageable strategies for improving your health.

- Gain access to the Healthy Habits SharePoint site with details on each pillar and habit building strategies.
- Receive weekly emails with tips and an e-journal to help you reflect and stay motivated.
- Engage with fellow Healthy Habits participants via a private Viva Engage group and weekly connections.

If you're wanting to establish new, healthy habits, then this program is for you! [Click here](#) for more information about the program and to register.

The Signup application collects certain personal information that you choose to provide about yourself (Profile Information). Profile Information may include name, email address and date of birth.

SAS is collecting Profile Information to facilitate your registration as a SAS retiree or SAS employee dependent in campus events, but Profile Information may also be used to facilitate your registration for and participation in other programs offered through SAS and for other related purposes.

Profile Information will be made available to SAS Signup administrators and to other SAS departments and personnel who use the Profile Information for SAS retiree or SAS employee dependent program and activity registration. SAS may also disclose your profile information to third parties when (i) such third parties are acting on SAS' behalf or in furtherance of its business and such third parties are bound by law or contract to limit their own use of the Personal Information for appropriate purposes; (ii) the disclosure is otherwise legally permitted. SAS may also disclose your profile information to third parties with your consent or in the event of an emergency.

SAS will use reasonable physical, electronic, and managerial procedures to protect Profile Information from anticipated threats or hazards and from unauthorized access or use. Should you have comments or questions about this Privacy Notice or the use of your Profile Information, you may contact SAS privacy counsel at privacy@sas.com.

By submitting Profile Information and using the Signup application you consent to the collection and use of your Profile Information by SAS for the purposes described above.