



SRWC Recreation and Wellness Center reopens

The Stanford Redwood City Recreation and Wellness Center reopened on July 6 to provide an outlet for the SRWC community to maintain and boost their health and wellness through exercise. Recent state orders necessitated shifting fitness equipment outdoors and further adjusting COVID-19 protocols.

[Learn more about visiting the Recreation and Wellness Center](#)

Work requests now on ServiceNow platform

Stanford Redwood City Operations is now utilizing ServiceNow for work order requests. Transitioning to the new platform improves overall service experience for SRWC employees.

[Read more about the service enhancement](#)

WHAT'S HAPPENING ON CAMPUS AND BEYOND

A simplified way to reserve rooms at SRWC

If you're working on-site now or when you come back, you will notice a new look and feel to the roomscheduling panels at Stanford Redwood City. The new application offers the same user-friendly room-scheduling experience as before, including touchscreen functionality and displaying a room's availability, but now at a fraction of the cost.



[Learn more about how to book a meeting room](#)

Schedule your remote BeWell appointment

It's never been easier to get your BeWell incentive, and in these challenging times, self-care has never been more important. Get personalized advice on any wellness topic, including stress management, nutrition and physical activity. We expect limited appointments in the fall so, we encourage you to register this summer while appointments are still plentiful.



[Register for a remote appointment](#)

Wellness via on-the-go apps

The Health Improvement Program (HIP) offers health and wellness apps on a variety of topics, including sleep, nutrition, meditation and more — so you can engage in wellness at your convenience. Apps are STAP-approved and eligible for BeWell incentives.

[Search and register for apps](#)

OTHER CAMPUS UPDATES

Stay up-to-date with these recent announcements

[Caltrain updates: COVID-19 Stanford Transportation](#)

[Update on COVID-19 interim policies and work arrangements](#)

[University HR](#)

UPCOMING EVENTS

Best Virtual Game Show Ever!

Friday, Aug. 7 | 11:30 a.m. - Noon

SRWC Events and game show host Rob Ferre invite you to get your game on and compete against your colleagues for a chance to win a prize! Registration is capped at 50 participants so [register now!](#)

Talks with the Artists: An Interview with Gail Wight

Tuesday, Aug. 18 | 11:30 a.m. - Noon

The next conversation in the Talks with the Artists series where we speak with artists that have contributed to the SRWC art collection will be with Gail Wight, a professor in the Department of Art and Art History at Stanford. [Learn more about the series.](#)

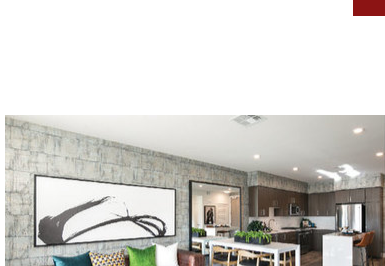
Healthy Kitchen, Cooking Together — Create a Stress-free Family Meal

Wednesday, Aug. 19 | 4 - 5:15 p.m.

Join us for this special live cooking webinar will help you get a healthy meal on the table just in time for dinner. You'll learn feeding guidance and tips for nurturing healthy habits for families. [Read more.](#)

Virtual events at SRWC and across the university are happening every day! Visit the [upcoming events page](#) linked below to stay up to date.

[View all upcoming events](#)



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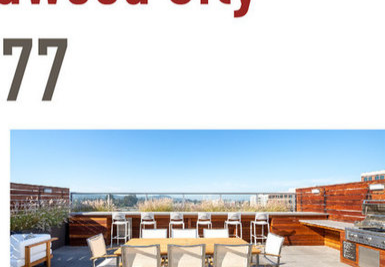


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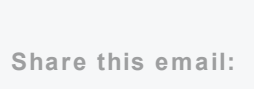
WORK REQUESTS?

Submit work requests here

To ask questions or provide feedback, email srwc-operations@stanford.edu

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