University Police is offering a self defense class for NKU employees on August 7th at 5 pm. Please email Gina Yoon at yoong1@nku.edu for more information.

Happy Shark Week! Fun shark fact - The average shark has 40-45 teeth and can have up to seven rows of replacement teeth. Sharks lose a lot of teeth and grow them back quickly, thanks to their regenerative properties. They’ll go through more than 30,000 teeth in a lifetime. If only humans teeth could grow back! A regular visit to your dentist could prevent tooth loss. Check out the Delta Dental of KY website to find a provider near you.

Did You Know?

myStrength offers pregnancy and parenting support. Parenting isn’t for the faint of heart. It may be the most important job you ever have. No stress, right? Don’t worry. You’re not alone. myStrength is here to help you navigate this important stage of life.

You’ve probably heard the term, “It takes a village.” When it comes to pregnancy and parenting, myStrength is like the village elder, full of helpful tips and guidance. Simply log into your myStrength
account and select the “Pregnancy and Early Parenting” focus. You’ll find over 60 interactive activities built with the help of experts and real parents. *myStrength*’s new focus can help you understand:

- Lifestyle changes that come with a new addition
- What to expect during pregnancy
- How to navigate the early days
- Tips to take care of yourself
- Support with challenges, joys and everything in between

Sign up for *my Strength* today by signing into NKU’s EAP account at [resourcesforliving.com](http://resourcesforliving.com). The username is MYNKUEAP and the password is EAP.

---

**Benefits Updates:**

- **Save the Dates!** The Benefits Fair is October 10th in the Student Union Ballroom. Annual Enrollment will be October 30th through November 14th. More information coming soon!

- Check out the TIAA August Seminar schedule on the [Benefits website](http://benefitswebsite.com).