LUNCH TIME WELLNESS SEMINARS

Wellness Seminars are a fun and interactive way to participate in your Wellness and Work/Life benefits. To improve our employee engagement in Wellness initiatives, Human Resources has scheduled the following lunch time seminars through our Lifestyle Employee Assistance Program. We hope you can make it.

Sandwiches will be served!

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Manage Your Time and Stress seminar

- Learn the benefits of relaxation practice
- Learn techniques to increase energy, focus on important moments, and build more happiness into your life

WHEN: APRIL 29, 2016
WHERE: WILDER 101
TIME: 12:00-1:00 P.M.
RSVP: Registration closes 3 days before the event. Complete the RSVP FORM

Presented by: Lauren Corsillo, M.A., PCC-S
For additional information on the seminar and the presenter, please click here.

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Physical Activity & Basics of Nutrition

- Learn the basics of nutrition and how to start looking at your relationship with food differently
- Approach physical activity with a can-do attitude
- Learn to create achievable goals and build on small successes

WHEN: SEPTEMBER 15, 2016
WHERE: WILDER 101
TIME: 12:00-1:00 P.M.
RSVP: Registration closes 3 days before the event. Complete the RSVP FORM

Presented by: Amy Gannon, RD, LD
For additional information on the seminar and the presenter, please click here.
Coloring for Adults Workshop

- Reconnect, simply and easily, with this relaxing and creative workshop
- Refocus your attention on something different to help engage in a mental, physical, and emotional shift
- Explore the benefits of putting colored pencils or markers to paper

WHEN: SEPTEMBER 22, 2016
WHERE: WILDER 101
TIME: 12:00-1:00 P.M.
RSVP: Registration closes 3 days before the event. Complete the RSVP FORM

Presented by: Lauren Corsillo, M.A., LPCC-S
For additional information on the seminar and the presenter, please click here.

Work/Life Balance & Self-Care

- Learn to take care of yourself more each day
- Learn effective strategies for work/life balance

WHEN: OCTOBER 13, 2016
WHERE: WILDER 101
TIME: 12:00-1:00 P.M.
RSVP: Registration closes 3 days before the event. Complete the RSVP FORM

Presented by: Lauren Corsillo, M.A., PCC-S
For additional information on the seminar and the presenter, please click here.

If you have any questions, please contact Human Resources at 440-775-8430.