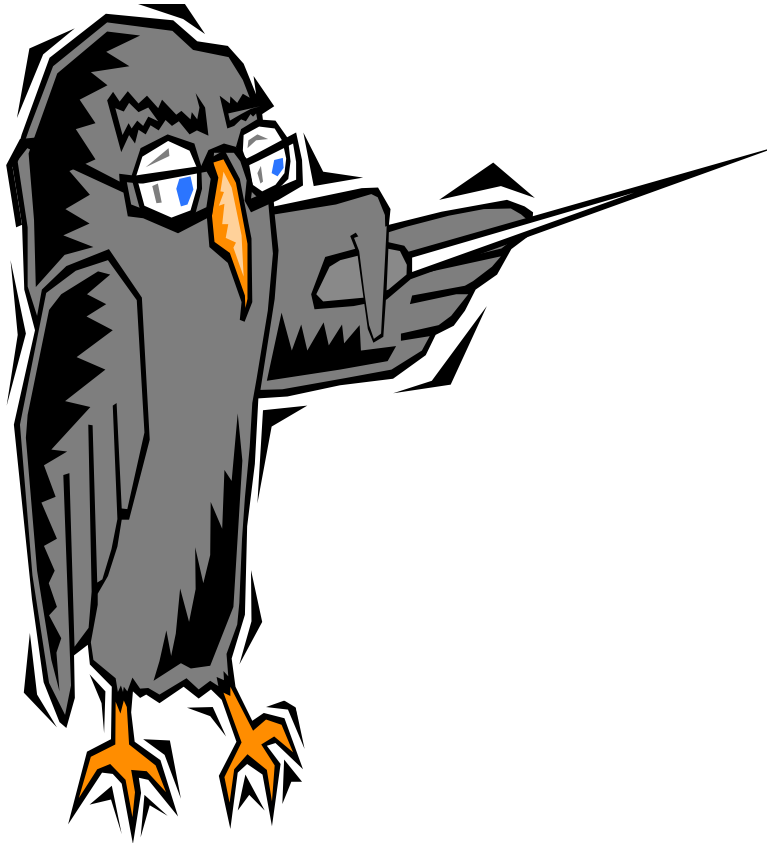


Get Enlightened

Upcoming Wellness Seminars



Want to stay focused on improving your health? Well, plan to ***Get Enlightened*** by attending one or more of the ***Wellness Seminars*** being presented by the Fitness and Wellness Division. Each upcoming seminar will cover a different health topic. Details on the seminars are listed below.

Super Snacking

“Super Snacking” seminar focuses on learning how to curb your cravings for unhealthy snacks.

Date: March 28, 2012

Time: 11:30 AM - 12:30 PM

Location: Training Center -Room 2005

Presenter: Liz Stepanek

Nutrition Labels

“Nutrition Labels” seminar will help you learn more about product ingredients, the nutritional value and how to fit the food into a healthy diet.

Date: May 8, 2012

Time: 12:00 Noon

Location: Training Center -Room 2005

Presenter: Liz Stepanek

Food Allergies & Sensitivities

“Food Allergies & Sensitivities” seminar will focus on understanding the difference between “true” food allergies and sensitivities “intolerances”.

Date: May 31, 2012

Time: 12:00 Noon

Location: Training Center -Room 2005

Presenter: Brandon Coates

Meal Planning

“Meal Planning” seminar will teach you how to plan your meals and make it work for your success. Details on the seminars are listed below.

Date: June 27, 2012

Time: 11:30 AM - 12:30 PM

Location: Training Center -Room 2005

Presenter: Ayse Mazicioglu

To register and manage your classes. Login to the HRMS/STEP portal, and select Employee Direct Access. Under the category Learning, select Learner Home.

Please note lunch seminars are bring your own brown bag lunch sessions.