

# Wellbeing Workshops

## Nutrition and Stress Management

### Fall 2009



All workshops are **FREE!** Please register by the day of the workshop.

### Nutritional Workshops

#### **Basics of Nutrition:**

In this workshop we will discuss the basics of a healthy diet. We will discuss proper food guidelines, as well as common myths with dieting. This workshop will give you the tools to evaluate your current diet and ensure you start on the right foot with your healthy eating.

**Date:** Tuesday 9/22 (register by 9/22)

**Time & Location:** 4:30 – 5:30pm - CUE 518

#### **Eat This; Not That:**

It can be a struggle to choose the best foods when presented with two equally tempting options. This workshop will give you easy tools to help you decide what food items to choose when you are unsure as to which is the healthier option.

**Date:** Tuesday 10/20 (register by 10/20)

**Time & Location:** 4:30 – 5:30pm - CUE 518

#### **Nutrition on a Budget:**

In this workshop we will provide you with practical knowledge of how to have proper nutrition while staying within your budget. Learn about how to shop smart and prepare foods all while staying healthy without breaking the bank.

**Date:** Wednesday 12/2 (register by 12/2)

**Time & Location:** 4:30 – 5:30pm - CUE 518

---

### Stress Management Workshops

#### **Decrease Stress, Increase Resiliency**

As our lives become increasingly complex and busy, everyday life can leave us feeling exhausted and stressed. Feeling stressed can take a toll on our minds and bodies, making it difficult to cope with adversity. The Stress-busters workshop offers easy ways to better manage your stress and enhance your ability to recover quickly from life's setbacks. The workshop debunks 6 myths of stress and proposes quick, simple changes you can make to de-stress and increase your resiliency.

**Date:** Tuesday 9/22 (register by 9/22) **Time & Location:** 3:00 - 4:00pm - SRC 256

#### **Relaxation and Wellness**

Too often we fail to make time for ourselves. Take time out of your hectic day to attend a relaxing and rejuvenating lunch time workshop designed to help you take care of you. Engaging in relaxation allows us not only to feel better emotionally and physically, but also think more clearly and to live a more satisfied life. The Relaxation and Wellness workshop provides a space to learn and practice how to relax. The workshop offers experiential relaxation exercises that you can do at home to de-stress and improve your overall health. The workshop will include gentle stretching so please wear loose clothing. You are welcome to bring a mat with you if you choose.

**Date:** Thursday 10/29 (register by 10/29) **Time & Location:** 12:00 - 1:30pm - SRC 245

#### **Relaxation and Stress Reduction Workshop**

Ongoing, elevated stress levels can affect you in many negative ways. With this workshop you will learn practical relaxation techniques to reduce your stress, increase your awareness when your stress levels rise.

**Date:** Tuesday 9/29 (register by 9/29) **Time & Location:** 4:00 – 5:30pm - CUE 512

**Date:** Wednesday 11/4 (register by 11/4) **Time & Location:** 4:00 – 5:30pm - CUE 518

---

#### **Accessibility Info**

Reasonable accommodations are available with adequate prior notification. Call Joanne Greene at 335-9669 or Jeff Elbracht 335-9668 for more information.