

# Human Resources Seminars

Programs begin at 11:45 a.m.

Location: Shelby Center Room 301 unless otherwise stated.



## [Eat Well – Live Well](#)

Tuesday, April 11

Location: Library Room 111

*The main focus of the presentation is the basic tenets for making healthy food choices. You will learn how to eat for maximum health and wellness.*



## [The Importance of Exercise](#)

Tuesday, May 2

*David Kyle, a lecturer in the Kinesiology department, will focus on how exercise can help prevent certain types of disease.*



## [Work Life Balance](#)

Thursday, September 21

*This presentation gives tips on how to balance work and life. We will discuss stress management techniques and strategies to help balance everyday life.*



## [The Sandwich Generation](#)

Thursday, October 5

*This presentation is designed for the generation of people who care for their parents while supporting their own children. It will focus on the challenges facing both and provide information on available resources.*



## [Biometric Screenings: What do the Numbers Mean](#)

Thursday, October 26

*Louise O'Keefe, Director of the Faculty/Staff Clinic and Assistant Professor for the College of Nursing, will focus on the importance of biometric screenings and how to interpret the results.*

Click the seminar title above to register! [Click here](#) to view the 2017 American Behavioral Webinar Series.

**Bring your lunch. Desserts and drinks to be provided.**