

Presented by:



BUSINESS & FINANCE
HUMAN RESOURCES



RECREATIONAL
SERVICES



~ MHEALTHY WELLNESS SERIES ~ *Lunch & Learn*

Meal Planning & Serving Sizes

March 14, 2017 • 11:30 A.M. - 12:30 P.M. • UCEN, Michigan Room C

Planning is the key to quick, budget-conscious meals. Gather the tools to make your meal-planning easier. Portion sizes of the various food groups can be confusing... Learn what an actual portion size is.

Presented by Stacey Witthoff, Registered Dietician, Health Educator, MHealthy Health & Well-being Services

For Your Health: Stress & Resiliency

April 13, 2017 • 11:30 A.M. - 1:00 P.M. • Northbank, Carriage Room

Learning to deal with stress can help improve your overall health as well as restore peace of mind. It will help remind you of what's important in life. Join me to explore ways to manage your stress in this fast-paced world and still enjoy a busy life. Identify stressors and learn some great techniques to help you deal with stress in your everyday life.

Presented by Sherri Berry, UM-Flint Wellness Coordinator, MHealthy Health & Well-being Services

Mindful Self-Compassion

May 11, 2017 • 11:30 A.M. - 12:30 P.M. • UCEN, Michigan Room A

Mindful Self-Compassion (MSC) was created by Drs. Kristen Neff & Christopher Germer. MSC will help you develop an awareness of your own needs and respond kindly & compassionately to those needs. In this session, learn about the importance of self-compassion, & how it relates to mindfulness, & strategies for practice.

Presented by Danielle De La Mare, Ph.D. Assistant Professor, UM-Flint Communication Studies

BENEFIT ELIGIBLE FACULTY/STAFF:

Attending 2 of the 3 Lunch & Learn sessions qualifies as an MHealthy Rewards program to earn \$50

Feel free to bring your lunch for the March 14 and May 11 sessions.

The April 13 session requires registration <https://formassembly.umflint.edu/4047>, as lunch is provided.

FREE! Open to faculty, staff, students and the community.

For more information, call UM-Flint Human Resources (810) 762-3150