



Health Promotion and WorkLife Services (HPaWS)

# LUNCH & LEARN

**June 2014**

**12:05 – 12:55 pm**



**\*\*NOTE:** Staff and faculty will receive priority Lunch and Learn registration. Grad students and PDFs will be accommodated only if space permits. To ensure a quality learning environment for all participants, registrants are asked to please arrive at Lunch and Learns on time to minimize class disruption.\*\*

## **UWALK - It's Time to Find Your Stride!**

**Jill Carlson, UWALK**

**Thursday, June 5, 2014 - CAB 269**

*We will be in the classroom for the first 25 minutes followed by a 25 minute walk. Please wear comfortable shoes and dress for the weather!*

Are you doing it enough? U of A On the Move is pleased to partner with UWALK to help you 'Find Your Stride' and track your daily activity. Developed by the U of A's Faculty of Physical Education and Recreation and funded through the Government of Alberta, UWALK's mission is to engage Albertans to be more physically active where they live, work, and play. Join us to learn how you can track your activity online, participate in a feature challenge, and earn fun badges along the way!

## **The Flexible Vegetarian**

**Jennifer Livingstone, WholeSUM Nutrition Consulting**

**Wednesday, June 11, 2014 - CAB 357**

Do you wish you could eat a plant-based diet but are unsure you can commit to giving up meat? Do you want the benefits of vegetarianism such as lower body weight, a decreased risk of some cancers and diabetes? Are you wanting to include more non-meat meals to your weekly menu but don't know how? Flexible vegetarianism might be the solution for you. Join us to explore the benefits of eating a plant-based diet while still being able to enjoy your favourite meal. Learn how to make minor changes to modify your favourite meals into healthier non-meat meals.

## **Credit Rating IQ**

**Kathy Anderson, Money Mentors**

**Thursday, June 19, 2014 - CAB 357**

Your credit rating determines whether you can get credit, open a bank account, what rates you will be charged and so much more. This class presents the essential knowledge on your credit reports and credit score. Understand how it works, what's reported, who uses it and how it impacts you. You'll find out how to get a copy of your credit reports, interpret the information and how to correct errors. Discover how you can maintain or improve your rating.

## **Recycling - A Gateway to Sustainability**

**Emily Dietrich, Office of Sustainability, U of A**

**Tuesday, June 24, 2014 - CAB 357**

*Environment Week  
June 1 - 7*

Ever wondered what to put into which recycling bin and why? Join us for this informative and interactive session for answers, to learn about the University of Alberta's recycle system and how it differs from the City of Edmonton's system, and much more! This session will also provide the opportunity to learn more about what sustainability is and what it means to you.

Bring your lunch and join us for these informative sessions. Seating is limited - please register at [www.learningshop.ualberta.ca](http://www.learningshop.ualberta.ca). For information about the Lunch & Learn program, contact our office at [hpaws@ualberta.ca](mailto:hpaws@ualberta.ca).