**NOTE: Staff and faculty will receive priority Lunch and Learn registration. Grad students and PDFs will be accommodated only if space permits. Undergraduate students are encouraged to visit the LiveWell website for wellness opportunities for students. 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.**

Get Growing! Adopt a Planter  
Michiel Verheul, High Q Greenhouses  
Tom McLean, Landscape Services  
Friday, April 7  
Location: ED South, Room 113

Gardening can help us increase our level of physical activity, cope with day-to-day stressors and feel connected to the environment. It also provides a much needed change of pace from our hectic work schedules. Consider adopting a planter on campus that you can create and/or care for! Tom will provide a brief overview of the Adopt a Planter program and Michiel will share his knowledge about plants, techniques for preparing planters and flower beds, and much more. Bring your questions to this entertaining and informative session!

It’s Your Move! Getting and Staying Active  
Scott Forrester, EFAP  
Wednesday, April 12  
Location: ED South, Room 113

This session will review the importance of maintaining physical activity to support long-term health and wellness goals and to combat some of the physical and mental stressors one might be faced with in daily life. This session will also educate participants on the types of health benefits to be gained from different activities, and will provide strategies for reducing barriers to increase/maintain physical activity levels.

Be Green and Clean!  
Nicole Martin, Office of Sustainability  
Tuesday, April 18  
Location: SAB 1-36

Open your cupboard or peer under your sink... everyday household items can be used as effective and eco-friendly cleaning supplies! Learn more about the draw backs to chemical-laden cleaners, the benefits of green cleaning solutions and how simple it can be to start cleaning green. Using readily available ingredients in your home, you will walk away with green cleaning tips, money saving recipes and your own home-made cleaner.

Bring your lunch and join us for these informative sessions. Seating is limited - please register at www.learningshop.ualberta.ca.  
For information about the Lunch & Learn program, contact our office at org.health@ualberta.ca.