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.

**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.**

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**Quad Tree & Shrub Tour**
Vicor Lieffers, Renewable Resources

**Thursday, August 10, 2017**
**Location: Meet at Celebration Plaza**

The UA campus is noted for its wide variety of tree and large shrub species. During this walk around Quad, we will view about half of the species on campus (40) and briefly talk about their identification, ecology and characteristics.

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**Office Ergonomics**
Scott Forrester, EFAP

**Wednesday, August 16, 2017**
**Location: ED South, Room 113**

Many office workers do not know how to adjust their office chair or workstation appropriately to minimize their risk of musculoskeletal injury (MSI). This workshop will use evidence-based ergonomic and bio-mechanical principles to educate workers on office workstation ergonomics, and will identify strategies to assist in the reduction of MSI risk factors to promote worker health, wellness, and productivity in the office environment.

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**Understanding Labels**
Lesley Seto, EFAP

**Tuesday, August 22, 2017**
**Location: ED South, Room 113**

Making healthy choices can be a challenge with so many competing products making a variety of health claims. It can be confusing and time consuming trying to determine the nutritional and health value of packaged products. This session will teach participants how to read nutrition labels in order to understand a product’s nutritional value, how to differentiate products, and how to make healthier choices.