Bring your lunch and join us for these informative sessions. Seating is limited - please register at www.learningshop.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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**Holiday Cooking in a Nutshell**  
Claire Dubreuil, ATCO Blue Flame Kitchen  
**Tuesday, December 5, 2017**  
**Location: ED South, Room 113**

Whether you are hosting the holiday dinner or joining a potluck, holiday cooking can be stressful. Learn some time and space-saving ideas as well as some food safety tips that will help to ensure that your holiday meal will be a hit.

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**The Gift of Forgiveness**  
Loradonna Botter, EFAP  
**Thursday, December 14, 2017**  
**Location: ED South, Room 277**

It can be difficult, or near impossible, to forgive someone who has hurt or wronged us. Holding on to these resentments can have negative effects on our health, our well-being, and our ability to experience joy and happiness. This session will explore what it means to forgive, how to move from a place of anger to a place of peace, and how this process can free us from our past hurts.

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**Tips for a Green Holiday Season**  
Alycia Pollard, Office of Sustainability  
**Tuesday, December 19, 2017**  
**Location: ED North, Room 2-101**

The holiday season is upon us and with a little advanced planning we can turn the season into a time to look for creative ways to reuse and repurpose items while making memories with family and friends. At this workshop, you will learn about some guiding principles that will help guide the gift giving season and also some examples of green gifts and experiences that you can use right away.

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