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.**

**Learning Opportunities for Support Staff**
**Kim MacLock, HRS, Organizational Health and Effectiveness**
**Wednesday, July 12, 2017**
**Location: CAB 281**
Participants in this session will become aware of learning opportunities available through Organizational Health and Effectiveness, how to register for programs, funding available for learning, and how to use these resources in support of personal and professional development.

**Adopt a Planter Walkabout**
**Michiel Verheul, High Q Greenhouses**
**Thursday, July 20, 2017**
**Location: Meet at Celebration Plaza**
Join Michiel for a tour of the adopted planters and beds with flowers (and some edibles) in full bloom. Michiel will provide lively commentary and expert advice while we enjoy some fresh air and exercise. Comfortable walking shoes are recommended!

**Understanding Anxiety and Depression**
**Kristine Aanderson, EFAP**
**Tuesday, July 25, 2017**
**Location: ED South, Room 113**
Mental health problems are an increasing concern in workplaces. Participants will gain an understanding of two of the most common mental health concerns, anxiety and depression. This session will provide strategies for regulating one’s emotions and tips for supporting others who may be experiencing difficulties.