



Human Resource Services

LUNCH & LEARN

May 2017

12:05 - 12:55 pm

(unless otherwise noted)



****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.**

May 1-7 is Mental Health Week
Visit MentalHealthWeek.ca and GET LOUD for mental health!

Mindfulness for Mental Health

Eleanor Frank, EFAP

Thursday, May 4

Location: ED South, Room 113

Every time people interact, there is an opportunity to build or damage a relationship. Improving the quality of relationships in the workplace can enhance productivity and reduce conflict. This session will review three key tools that can build relationships, will provide coaching on how to use these tools effectively, and will assist participants in developing strategies to address relationship challenges.

Financial Planning for Retirement

Ron Graham, EFAP

Part 1: Tuesday, May 9

Part 2: Tuesday, May 16

Location: ED South, Room 113

This two-part presentation is aimed towards those in their mid-career stage (late 30's to early 50's; generally more than 10 years away from retirement). These sessions will provide some of the financial planning knowledge needed to reinforce the importance of planning *now* for retirement.

** You must be able to attend both sessions to register.*

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.