**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.**

Helping Your Child Succeed at School  
Kristine Aanderson, EFAP  
Tuesday, November 7, 2017  
Location: ED South, Room 277

Every parent wants their child to be happy and successful at school. Many parents struggle with knowing how to support their children with school-related activities. This session will invite participants to seek a partnership between each child, the school, and themselves. This partnership will create a positive structure at home to support their children’s experience at school and focus on ways to reward effort rather than outcomes.

Healthy Sleep Habits  
Justin-Claude Dumont, EFAP  
Thursday, November 16, 2017  
Location: ED South, Room 277

Everyone feels much better after a good night’s sleep; our thoughts are clearer, our reactions faster, and our emotions are less fragile. This session will introduce participants to the effects of sleep deprivation and review some key strategies to promote healthy sleeping habits.

Conflict Resolution in the Workplace  
Cecile Schultz, EFAP  
Wednesday, November 22, 2017  
Location: ED South, Room 128

Conflicts stem from many different sources. Understanding when and how to apply a variety of different conflict resolution strategies can prevent unnecessary hardship. This session will review strategies to defuse anger and conflict so that difficult situations in the workplace can be resolved respectfully.