**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.**

**Check your Pulse[s]!**  
Debra McLennan, Alberta Pulse Growers  
Tuesday, February 6, 2018  
Location: ED South, Room 277

Did you know that pulses are dry peas, beans, lentils and chickpeas and we grow them right here in Alberta? Come to this interactive session and discover more about the health benefits of pulses, get some tasty ideas on how to prepare pulses and learn a bit about the pulse industry in Alberta. Get your taste buds ready to try a variety of samples showcasing the great taste and versatility of pulses!

**Start Your Seedlings!**  
Michiel Verheul, High Q Greenhouses  
Tuesday, February 13, 2018  
Location: ED South, Room 277

Gardening has a long list of physical health benefits as well as a positive effect on your mental health. In preparation for spring planting, Michiel will share information on seed bed preparation and the tools you need to get started. He will talk about how different seeds need to be treated, the importance of the right environment, how to solve problems that may occur, and finally when and how to plant the seedlings.

**Food Security in Your Community**  
Cory Hodgson, Campus Foodbank  
Tuesday, February 20, 2018  
Location: SUB 1-81

Hunger is a terrible reality of our society, but it's really just a symptom of food insecurity. So what is food security? Food security is “a situation in which all community residents can obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes self-reliance and social justice”. That's a lot to unpack! If you're interested in learning more, come join the Campus Food Bank for an interactive discussion on food security and food systems, and learn how you can help fight food insecurity on campus and in your community.

**Tips on Tax Planning**  
Ron Graham, EFAP  
Thursday, February 22, 2018  
Time: 11:45 am - 1:15 pm (extended session)  
Location: ED South, Room 277

This session will focus on tips for effective tax planning. Topics will include determining your tax rate, deferring income to a lower tax year and dividing income with family. Participants will learn how to use deductions to reduce their taxable income and receive advice on how to save and invest tax successfully.