March 2018
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.**

Financial Planning (How to Get Rich Slowly)
Ron Graham, EFAP
Wednesday, March 7 *12:00 - 1:00 pm*
Location: ED South, Room 262

The information in this session is geared towards those in their 20’s and early 30’s and is intended to provide some basic financial planning knowledge. Net worth, cash flow, goals, savings, and investments will be discussed in order to help you answer the questions – “where am I now, where do I want to be, and how do I get there?”

Healthy Eating on the Go
Megan Wallace, EFAP
Tuesday, March 13
Location: ED South, Room 277

It can be difficult to sit down for a healthy meal in today’s hectic environment. Busy schedules, long work hours, and competing priorities make eating on-the-run more commonplace. However, with a few simple tips, eating healthy is possible, even on a tight schedule. This session will motivate even the busiest participants to optimize their eating habits and improve their health, energy, and performance.

Is Happiness in Your Genes?
Cecile Schultz, EFAP
Wednesday, March 21
Location: ED South, Room 255

Scientific studies have shown that 50% of our individual differences in happiness are determined by our genes, 10% by our life circumstances, and 40% by our intentional activities. This session will introduce participants to some of the research-based “happy habits” that can be adopted to increase levels of happiness and well-being.

Bring your lunch and join us for these informative sessions. Seating is limited - please register at www.learningshop.ualberta.ca.