

Health Coach- C.S.I.

Investigate real strategies for meeting and exceeding your health improvement goals.



Fall 2009 C.S.I. Series – All events 12:15 – 12:45 p.m.

“C.S.I.” is a series of free seminars that offer Continued Support and Inspiration.

To register, log into Self-Service and select “My Training.”

If you are unable to attend, but would like information, call 353-2973.



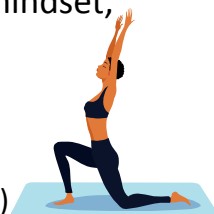
September 2009: **A Good Night’s Sleep** - Examine the link between stress and insomnia, and discuss solutions that could help you and your family stress less and sleep better. Lack of sleep has a devastating impact on overall health and work performance; once we can break the stress/insomnia cycle, overall health, attitude, and emotional well-being improves. *Instructor: Megan Moeller, MS, ATC, CHES, UI Wellness Coordinator*

- **Tuesday, September 15** - University Capitol Centre - 2520D (Conference)
- **Thursday, September 17** - 7218 RCP Atrium A/B (7th Floor, Elevator F)

October 2009: **Yoga at Work**- This feature provides instruction on how yoga can be brought into the workplace. By practicing a “yoga” mindset, participants will engage in poses adapted to the desk space that encourages relaxation and tranquility.

Instructor: Erin Litton, MA, CHES, ACSM-HFI, UI Wellness Health Coach

- **Tuesday, October 13**-UIHC Oto Conference Room 21271 PFP (Elev. L)
- **Wednesday, October 14** - University Capitol Centre - 2520D (Conference)



November 2009: **Colorful Choices for the Holidays** Wintertime is not necessarily the time we think about decorating our plate with color, but it is actually a great time to think about building our immune system and controlling weight through the season. *Instructor: JoAnn Miller, MS, RD/LD, UI Wellness Health Coach*

- **Wednesday, November 11** - University Capitol Centre - 2520D (Conference)
- **Thursday, November 12** - 7218 RCP Atrium A/B (7th Floor, Elevator F)



Colorful Choices will be an online program from UI Wellness running from November 16 - December 7. Visit www.uiowa.edu/hr/wellness to register.

All Health Coach C.S.I. events are held from 12:15-12:45 p.m.
To register, log into Self-Service at <https://hris.uiowa.edu> and select “My Training.” Enter the date of the session that you plan to attend.