

2012 Nutrition & Stress Management Lunch 'n Learns

Improve your health over lunch!

Heart Healthy Nutrition

Time: 12:00 PM – 12:45 PM

When: 01/11/2012

Where: Pappajohn Business Building S401

Stress Relief & Personal Energy

Time: 12:00 PM – 12:45 PM

When: 04/11/2012

Where: Pappajohn Business Building S401

Please Register: at My Training at Employee Self Service



JoAnn Miller, Registered Dietitian, will present information on **Heart Healthy Nutrition**. Participants will:

- Identify food choices supportive of heart health
- Become familiar with food terminology that indicates heart health benefits
- Describe simple, tasty food substitutes to improve heart healthfulness of foods
- Heart Healthy food samples provided

Megan Moeller, UI Wellness Manager, will present information on **Stress Relief and Personal Energy Management**. Participants will:

- Discuss and increase awareness of triggers and reactions to chronic and acute stressful events.
- Participate in 3 different relaxation techniques
- Be able to describe at least 4 personal energy management strategies