

Join Us For Lunch, And A Whole Lot More.

BENEFITS
OUTLOOK
Health.Wellness.Life.



JUNE
4



ROOM ASSIGNMENT: **3C12**
COURSE CODE: **BN0017**

MEMORY FITNESS

Participants will learn what memory is and how it works. They also gain tools for sharpening memory functioning and preventing memory loss.

JUNE
18



ROOM ASSIGNMENT: **3C12**
COURSE CODE: **BN0039**

MANAGING A CHRONIC ILLNESS: DON'T LET THE CONDITION DEFINE YOU

Chronic illnesses have a profound effect on the physical, emotional and mental well-being of individuals, often making it hard to carry on with daily routines and relationships. Participants learn skills to cope with a chronic illness and strategies to educate and help those who are living with chronic illness.

JUNE
25



ROOM ASSIGNMENT: **3C12**
COURSE CODE: **BN0040**

POSITIVE PSYCHOLOGY: THE SEARCH FOR HAPPINESS

Positive psychology is the study of the strengths, attributes and behaviors that enable individuals, families and communities to thrive in an emotionally healthy way. Participants learn how positive emotions are linked to increased longevity, lowered rates of depression and emotional distress, good health and better coping skills during hardships or times of stress.

JULY
16



ROOM ASSIGNMENT: **3C12**
COURSE CODE: **BN0041**

DEPRESSION: MORE THAN THE BLUES

This workshop increases awareness about depression. It teaches participants how to recognize the signs and symptoms and identifies resources that can help depressed individuals and their loved ones.

JULY
23



ROOM ASSIGNMENT: **3C12**
COURSE CODE: **BN0015**

HEALTHY EATING AND STRESS MANAGEMENT

Participants explore the relationship between unhealthy eating and stress, and will learn ways to develop healthier eating and stress management habits.

AUGUST
13



ROOM ASSIGNMENT: **3C12**
COURSE CODE: **BN00420**

THE POWER OF POSITIVE THINKING

Positive thinking may be the most important component of all successful endeavors—be it success in terms of high job performance, satisfying relationships, effective leadership abilities, maximum physical and mental health or personal goal attainment. Participants learn strategies for transforming negative thoughts into positive energy.

Discover tips, tools and
resources that might
just change your life.

**EMPLOYEE ASSISTANCE PROGRAM
BROWN BAG WORKSHOPS**

- Space is limited
- Please register via e-Train

Hattie Mae White Education Support Center

Noon to 1:00 pm | June to August

If you have questions, please contact the Benefits Department at 713-556-6655.