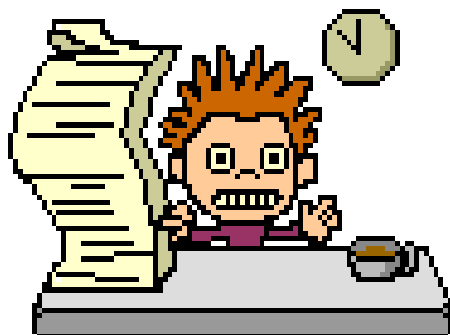


Announcing “Stress-Buster Mondays” in June!



For All UNCW Employees

Start dusting off your walking shoes and the spring cobwebs for some fun in the sun (and shade) when we begin “Stress-Buster Mondays” in June. Combinations of stress reducing seminars and scenic campus walking, beginning Monday June 1 and each of the following three Mondays: June 8, 15 & 22.

Starting Location: Golden Seahawk Room, Trask Auditorium, 4:00 pm – 5:00 pm

Walk Path: About 2 miles, starts 5:15 pm

Save the Dates Now and Register: Carol Noble, noblec@uncw.edu, Staff Development, Human Resources; phone number 962-7773.

Where/When: 4-5 pm, PLUS join the UNCW Walking Club – get details at first Monday session! First walk begins 5:15 pm outside of Trask.

Who: Staff/Faculty

Why: People are asking for it



Date	Title	Program Length	Description
1st	Nutrition Jeopardy	45 - 60 minutes	This seminar covers the basics of a healthy diet – what to include/limit and navigating through the Food Guide Pyramid. Gain skills in meal planning!
8th	Are You Label Able?	45 - 60 minutes	Grocery shopping can be a selection nightmare – learn how to make smart food label choices.
15th	Who You Gonna Call? Stress-Busters!	30 - 60 minutes	Everyone experiences stressful times; there are ways to effectively cope with life’s ups and downs. This interactive workshop reveals strategies to minimize life’s stressors.
22nd	Breathing and Meditation	30 - 60 minutes	Want tips you can learn to decrease stress anywhere? This seminar covers deep breathing exercises and an opportunity to practice!

Cordially brought to you by Student Health Center and Human Resources!