Human Resources is providing Live Wise, Live Well to assist the campus community in managing through the challenges brought on by the current economic climate. This workshop series will help you better manage change, stress, time and finances!

The Live Wise, Live Well sessions will include:

- One hour workshops scheduled from 12 noon – 1pm starting April 2010.
- All sessions will be held in HUB 268 or HUB 260
- Sessions will be coordinated by Education and Development and the Wellness Program for Academic and Staff.

Live Wise, Live Well Workshop series includes:

- Maximizing Your Credit Score (4/8)
- Dealing with Negative Life Events (4/22)
- Caregiving Without Stress (5/13)
- Radiating Possibilities (5/27)
- Emotional Eating (6/10)
- Managing Change (6/24)
- Healthy Eating and Exercise on a Budget (7/8)
- Crash Course in Time Management (7/22)
- Sleep Well (8/12)
- Gaining Perspective (8/26)

The goal of this series is to support all academic and staff members as they adjust to the changes in the work environment brought on by the economic climate.

Providing you with the tools, resources, and support to Live Wise, Live Well during these challenging times!