

LUNCH & LEARN

NEW

SERIES

The HR Wellness team is partnering with Tiffany Pernet from Fort Healthcare for a new Lunch and Learn series focusing on aspects of healthy living! Each Lunch and Learn will consist of a presentation and an interactive component! Each Lunch and Learn is in UC275A from 12:00-1:00pm.

JANUARY 20, 2026

**New Year, Fresh Start - Stress & Resilience**

Understanding the impacts of stress, simple daily practices to manage it, and ways to build resilience

FEBRUARY 17, 2026

**Blood Pressure & Heart Health**

Learn what blood pressure means, risk factors, and small daily actions for heart health

MARCH 17, 2026

**Nutrition and Healthy Living**

Discover how to read food labels, make simple swaps for healthier meals, and fuel your energy at work and home

APRIL 21, 2026

**Movement and Preventing Burnout**

Learn how movement supports both physical and mental health and how to break up sedentary time during your day

Visit the Worksite Wellness website for more information on each Lunch and Learn. For questions, email [worksitewellness@uww.edu](mailto:worksitewellness@uww.edu)