



HEALTH CENTER

Lunch and Learn



Spring/Summer Series

2 sessions each date
11:30-12:00 and 12:10-12:40

Bring your lunch and learn how to
make healthy lifestyle changes!



brought to you by your worksite wellness committee:

Healthy Directions

www.douglascounty-ne.gov/wellness/

Commit to be Fit

May 5th
Lisa Shoup, UHC
"Stress Management 101"

May 11th
Cathy Barnes, Methodist College of Nursing
"Myths of Grief"

May 19th
Allison, YMCA
"Sound Components of a Wellness Program"

May 25th
Mindi, EAP
"Stress Management"

June 2nd
Allison, YMCA
"Walking for Wellness"

June 8th
Cherie Ferber
National Safety Council
"Click It – Don't Risk It!"

June 16th
Alice Tvrdik
"Hypertension"

June 22nd
Linda Quinn
Methodist College of Nursing
"Taking Care of Yourself"

June 29th
Mindi, EAP
"Smart Finances, Making Your Money Work for You"

July 7th
Dr. Cheryl Hinners
"Diabetes"

July 13th
David Maas
STD Community Health Educator
"STD's in Omaha"

July 21st
Allison – YMCA
"Training Tips for a Great Workout"

July 27th
Mindi, EAP
"Working Parents"