



Wellness Seminars/Lunch and Learn Programs

DECEMBER 8-9, 2009



DE ANZA COLLEGE

DAY 1 - Tuesday, December 8, 2009: To be held at the Hinson Campus Center, Fireside Room

Topic#1: Healthy Holiday Eating

Time: 10:45am-11:30am

LUNCH BREAK: 11:30am-12:15pm

Topic#2: Workplace Uncertainty

Time: 12:15-1:00pm

DAY 2 - Wednesday, December 9, 2009: To be held at the Hinson Campus Center, Fireside Room

Topic#1: Workplace Uncertainty

Time: 10:45am-11:30am

LUNCH BREAK: 11:30am-12:15pm

Topic#2: Healthy Holiday Eating

Time: 12:15-1:00pm



Lunch and Gift Card Raffles will be provided, so come to celebrate the holidays and learn the healthy living

