



## Wellness Seminars/Lunch and Learn Programs

# DECEMBER 1-2, 2009



### FOOTHILL COLLEGE

**DAY 1 - Tuesday, December 1, 2009: To be held at District Board 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 2, 2009: To be held at FH Toyon 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**

**Speakers will be presented by OptumHealth, a division of UnitedHealthcare.**



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



**THE PROGRAM IS SPONSORED BY THE WELLNESS ADVISORY COMMITTEE**