

Lunch and Learns

Fall 2007



Please bring your lunches! All sessions are tentatively scheduled in Room 237PE (the PE conference room, 2nd floor)

September 12, Wednesday, 1:15pm

"Ways to Get Moving" (Kim Crilly, RN)

Learn easy ways to incorporate activity into your everyday routine!

September 26, Wednesday, 1:15pm

"Blood Pressure: Know Your Numbers" (Kim Crilly, RN)

Hypertension, or high blood pressure, is a risk factor for many forms of cardiovascular disease, including heart attacks and stroke. Kim will inform you about the latest findings on managing and lowering blood pressure.

October 10, Wednesday, 1:15pm "Nutritional Strategies for Weight Management"
(Jerry Hart)

Jerry's area of expertise is nutrition, and in this lunch and learn, you will hear the latest on managing weight.

October 24, Wednesday, 1:15pm "Stroke Prevention" (Kim Crilly RN)

A stroke occurs when the blood supply to the brain is cut off. Learn recognition of symptoms and preventive measures.

November 14, Wednesday, 1:15pm, "Fall Prevention" (Jerry Hart)

Falls are second only to motor vehicle injuries in terms of causing death, and are the 5th leading cause of unintentional death for people under age 25. Learn how to prevent falls and injuries from falls.

December 12, Wednesday, 1:15pm "Avoid the Holiday Blues" FSAP

For some people, stress overshadows the joy of the holiday season. The stress can precipitate an episode of depression. Learn how to manage stress, how to recognize depression, and what steps to minimize depression.