



# Lunch & Learn Fall 2007

**Error!**

**Please bring your lunch!**

**September 19, Wednesday, 12:30pm ST302 "Let's Dish"**

Learn about how to make nutritious, fresh meals that your family will love without trips to the grocery store, no time consuming preparation, and no messy clean up. And, all for less per serving than it cost to buy fast food! Come sample the food and learn how it works!

**September 26, Wednesday, 12:30pm ST256 "The Balancing Act"**

Join us to learn about how to handle the sometimes-overwhelming challenges of juggling the needs of a family and work. Presented by FSAP.

**October 10, Wednesday, 12:30pm ST301 "Prevention and Treatment of Lower Back Pain"**

With Dr. Barton Bishop DC from Sport & Spine Rehab. Learn how to "work better" & "play harder!"

**October 24 Wednesday, 12:30pm ST256 "Introduction to Herbs that Work for Health & Wellness"**

Learn about how to take the best quality herbs safely and effectively. With local herbalist Deb Friedman, MA

**November 7, Wednesday, 12:30pm ST301 "Managing Interpersonal Differences"**

Enjoy an insightful look at the challenges of interacting with different types of people (different cultures, generations, personality types, etc.) and learn about several strategies for maintaining quality relationships with each. Presented by Greg Brannan from Adventist Health Care.

**November 28, Wednesday, 12:30 ST301**

**Topic to be announced**

**December 12, Wednesday, 12:30pm ST301 "Avoid the Holiday Blues"**

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. Presented by FSAP.

All programs are sponsored by the Montgomery College Takoma Park/Silver Spring campus Wellness Connection. Contact «GreetingLine»@montgomerycollege.edu for more information.