impact solutions presents:
“Defeat the Seat” Themed Lunch & Learns

Tuesday, March 21st
10:30-11:30am in University Hall Room 360 (Medical Campus)
12:30-1:30pm in TUC Room 400A (Main Campus)

Get Active
Review the importance of physical activity and current physical activity recommendations. The presentation will provide you with practical guidelines on becoming and staying physically active.
Presenter: Anika Avery-Grant, MD, RD, LD

Tuesday, March 28th
10:30-11:30am in University Hall Room 454 (Medical Campus)
12:30-1:30pm in TUC Room 427 (Main Campus)

Train Your Attention with Mindfulness
The world will never be less distracting than it is right now. Mindfulness practice involves changing attention habits. It uses ordinary perceptions to train your attention. This session explores definitions of mindfulness, its scientifically supported benefits, and clever ways to incorporate it into your life.
Presenter: Daron Larson, BS, MLIS

To register for these sessions, log on to our NEW registration tool: https://webapps2.uc.edu/ce/HRTraining/Workshops?category=BeWell

Questions?
Please contact wellness@uc.edu
uc.edu/hr/bewelluc