

LUNCH & LEARN SERIES

NEW

The HR Wellness team is partnering with Tiffany Pernat from Fort Healthcare for a new Lunch and Learn series focusing on aspects of healthy living! Each Lunch and Learn will consist of a presentation and an interactive component!

JANUARY 20, 2026

New Year, Fresh Start - Stress & Resilience

Understanding the impacts of stress, simple daily practices to manage it, and ways to build resilience

FEBRUARY 17, 2026

Blood Pressure & Heart Health

Learn what blood pressure means, risk factors, and small daily actions for heart health

MARCH 17, 2026

Nutrition and Healthy Living

Discover how to read food labels, make simple swaps for healthier meals, and fuel your energy at work and home

APRIL 21, 2026

Movement and Preventing Burnout

Learn how movement supports both physical and mental health and how to break up sedentary time during your day

Visit the Worksite Wellness website for more information on each Lunch and Learn. For questions, email worksitewellness@uww.edu