



Lunch & Learn Series

Boosting Immunity During Cold & Flu Season



**TUESDAY,
OCTOBER 27, 2026**



12:00 PM – 1:00 PM



**UNIVERSITY CENTER
ROOM UC259**



PRESENTED BY:
Tiffany Pernat,
*Fort HealthCare Community
Health & Wellness*

*Simple habits.
Stronger you.
Healthier seasons.*



Join us to learn practical and science-backed strategies to **boost your immune system** so you can feel your best all season long. Topics will include nutrition, sleep, stress management, and everyday habits that make a big difference.



Questions?
Please email
worksitewellness@uww.edu

Everyone is Welcome!

