



Lunch & Learn Series

Fall Reset

REFRESH YOUR MIND. REFOCUS YOUR GOALS.
RESET FOR SUCCESS.



**TUESDAY,
SEPTEMBER 29, 2026**



12:00 PM – 1:00 PM



**UNIVERSITY CENTER
ROOM UC275A**



PRESENTER:
Tiffany Pernat,
Fort HealthCare Community
Health & Wellness

*Small steps today
create big changes
tomorrow.*



Join us for **Fall Reset!** This interactive session will help you refresh your mindset, refocus your goals, and create simple strategies to support your well-being and success this season and beyond.



Questions?
Please email
worksitewellness@uww.edu

Everyone is Welcome!

