Finding Balance Everyday
A multi-week series with a focus on stress and emotional well-being.

Stress Eating
Wednesday, August 17, 2016 / 12:00 – 1:00 p.m. / HUB 268
Receive help in identifying less-than-healthy eating habits and learn how to help balance diet and moods.

Emotional Well-Being
Wednesday, August 24, 2016 / 12:00 – 1:00 p.m. / HUB 367
Learn how to become in tune with your body and emotions and learn behaviors to help move towards mental health.

Finding Balance
Wednesday, September 7, 2016 / 12:00 – 1:00 p.m. / HUB 268
Discover strategies to lessen time stress, create healthier boundaries and build more time for yourself throughout the day.

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Register for the series or just the classes you would like to attend. Registration is required through the UC Learning Center (LMS).
Sponsored by the UCR Faculty/Staff Wellness Program and Kaiser Permanente.