



Human Resource Services

# LUNCH & LEARN

**March 2019**

**12:05 – 12:55 pm**

**(unless otherwise noted)**



**\*\*NOTE:** Staff and faculty will receive priority Lunch and Learn registration. Grad students and PDFs will be accommodated only if space permits. Undergraduate students are encouraged to visit the LiveWell website for wellness opportunities for students. To ensure a quality learning environment for all participants, registrants are asked to please arrive at Lunch and Learns on time to minimize class disruption.\*\*

## **Supermarket Savvy**

**Megan Wallace, EFAP**

**Tuesday, March 12**

**Location: ED South, Room 262**

March is  
Nutrition Month

Healthy eating starts in the supermarket. Even the best intentions to eat well are easily undermined by an unprepared, confused, or hungry trip to the grocery store. In this session, participants will learn what to include on their grocery list, how to choose the best fresh and packaged foods, and how to stay organized after shopping to make healthy eating easy.

## **Financial Planning (or How to Get Rich Slowly)**

**Ron Graham, EFAP**

**Thursday, March 21**

**Location: ED South, Room 262 12:00 - 1:00 pm**

The information in this session is geared towards those in their 20's and early 30's and is intended to provide some basic financial planning knowledge. Net worth, cash flow, goals, savings, and investments will be discussed in order to help you answer the questions – “where am I now, where do I want to be, and how do I get there?”

## **Sexual Violence on Campus - Responding to Disclosures**

**Sherani Sivakumar & Daniela Chávez, Sexual Assault Centre**

**Wednesday, March 27**

**Location: ED South, Room 177**

Participants will learn more about how to support students and staff around the issue of sexual assault. The session will focus on support skills specific to working with survivors of sexual assault and will better prepare participants to receive disclosures from, and provide referrals to, survivors on campus. Finally, participants will have the opportunity to learn more about the services offered by the Sexual Assault Centre, be provided with legal definitions of sexual assault and consent, and have the opportunity to discuss prevalent myths surrounding sexual assault in order to unpack how they affect us all — survivors and supporters — alike.

Bring your lunch and join us for these informative sessions. Seating is limited - please register at [www.learningshop.ualberta.ca](http://www.learningshop.ualberta.ca)

For information about the Lunch & Learn program, contact our office at [org.health@ualberta.ca](mailto:org.health@ualberta.ca)