UAlbany’s Employee Assistance Program (EAP) declares November as *Stress Less Month*. Take advantage of the various lunchtime wellness programs throughout the month which are designed to help you learn ways to address some of life’s stressors. **Register early and add the event to your calendar!**

**Friday, November 3:** Two Sessions offered!
- **Chair Yoga** with Judi England  
  Noon—12:30 pm, Assembly Hall, Campus Center
- **Progressive Relaxation** with Judi England  
  12:45 pm –1:15 pm, Assembly Hall, Campus Center

**Tuesday, November 7:**
- **“Successful Meal Prepping Tips to Make Your Life Less Stressful”**  
  with Donna Duffy, Campus Dietician  
  Noon—1:00 pm, Assembly Hall, Campus Center

**Wednesday, November 15:**
- **“Stress Less About Retirement—SUNY Retiree Corps”**  
  Noon—1:00 pm, Assembly Hall, Campus Center

**Friday, November 17:** - Health Sciences Campus  
- **Chair Yoga and Progressive Relaxation** with Judi England  
  Noon—12:45 pm, Café Conference Room, A Wing

**Tuesday, November 28:** - 4 Tower Place, Stuyvesant Plaza  
- **“Quick and Easy Meal Ideas”** provided by CDPHP* Dietician  
  Noon—1:00 pm, Room 610

*All employees are eligible to attend programs provided by CDPHP. A minimum of 10 CDPHP members is required for the program. When registering, please indicate whether you are a member.  
**NOTE:** Program attendance can be used towards CDPHP Life Points.

For more program details, visit the EAP website calendar:  
[http://www.albany.edu/eap/monthly_eap_calendar.htm](http://www.albany.edu/eap/monthly_eap_calendar.htm)