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)