How to Maintain and Not Gain during the Holiday Season (3 sessions)

Thursdays • 12:00 p.m. – 1:00 p.m.
Standish Board Room • Science Library
November 10th, 17th & December 1st

Sometimes it’s not about losing weight, but about maintaining it! This 3-week program will provide tips, tools, and support to fend off holiday weight gain. The sessions will help participants create a plan for success by addressing ways to eat healthy, manage stress, stay active, and practice mindful eating, all while still enjoying the season! Connect with other UAlbany employees in a supporting effort to maintain, not gain!

Open to all UAlbany employees!

Please contact Brenda Seckerson, EAP Coordinator to register:
bseckerson@albany.edu • 442-5483
Or register online at: http://www.albany.edu/eap/event_sign-up.htm

CDPHP members can earn up to 10 Life Points® for attending.

CDPHP members: please bring your member ID card.