UAlbany's Employee Assistance Program (EAP) announces its first “Stress Less Week” event! Join us during the first week of November at any of the lunchtime wellness programs designed to help you learn ways to address some of life's stressors. Registration required for most events.

“Stress Less...How to Prepare a Healthy Lunch” with Donna Duffy, UAlbany Campus Dietician. **Monday, November 2**: 12:00 pm—1:00 pm Assembly Hall
Box lunch provided by Sodexo and sponsored by TIAA CREF. **Registration required. Limit 50 attendees.**

“Stress Less About Finances Station” with financial consultants from TIAA-CREF and VOYA. Receive financial fitness information. Enjoy games and prizes! Grab a snack and learn some stress management techniques, too! **Tuesday, November 3**: 10:00 am —3:00 pm Fireside Lounge.
PLUS, “Stress Less About Investing” program presented by TIAA-CREF.
• 12:00—1:00 pm Assembly Hall

“Stress Less with Therapy Dogs” provided by Therapy Dog International. **Wednesday, November 4**: 12:00pm —1:30 pm, Fireside Lounge **Stop In!**
PLUS, two stress management classes available!
• 12:00 pm—12:30 pm, Assembly Hall, “Sit and Get Fit – A Chair Yoga Experience” with Judi England.
• 12:30 pm —1:00 pm, Assembly Hall, “Introduction to Meditation” with Judi England.

“Stress Less About Time Management” with Alan Krieger with Krieger Solutions, LLC. *This program will be offered TWICE.*
**Thursday, November 5**: Room 375, Campus Center, **12:00 pm — 1:00 pm and 1:15 pm—2:15 pm**

“Enhance Your Overall Wellness with Essential Oils” with Terry Quigley. **Friday, November 6**: 12:00 pm—1:00 pm Assembly Hall

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)