

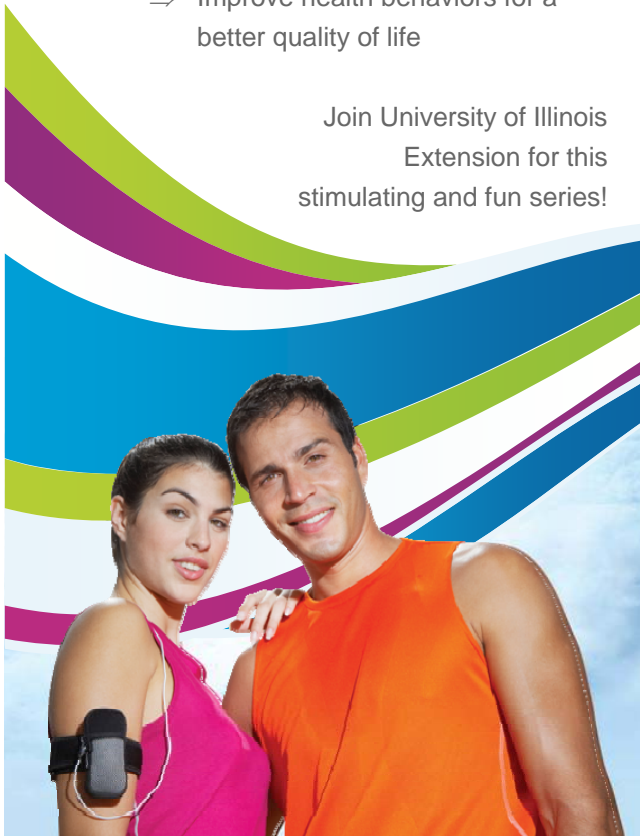


Putting Wellness to Work is Designed for You

This workplace wellness series will help you:

- ⇒ Gain understanding in topics that affect your health
- ⇒ Achieve confidence to make positive health choices
- ⇒ Improve health behaviors for a better quality of life

Join University of Illinois Extension for this stimulating and fun series!



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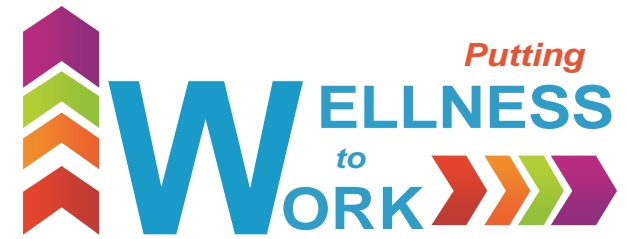
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EXTENSION

Extending Knowledge Changing Lives



Putting Wellness to Work

Get motivated about health, about life,
about... **YOU!**

1
FACTS
SERIES

Get the Facts Series: From Foods to Fads

- ◆ To Soy or Not to Soy
- ◆ Vegetarian Diets
- ◆ Gluten-Free: Fads & Facts
- ◆ Food or Supplements?

2
STARTED
SERIES

Get Started Series: Essentials to Launch a Healthy Lifestyle

- ◆ Understanding Food Labels
- ◆ Healthy Lifestyle that Lasts
- ◆ Vital Signs: Know Your Numbers
- ◆ Rethink Your Drink

3
SUCCEED
SERIES

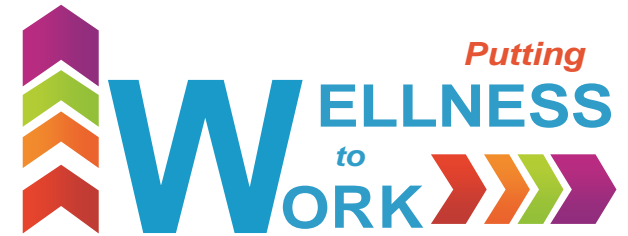
Power to Succeed Series: Tools for Reaching Your Health Goals

- ◆ Be Your Own Diet Detective
- ◆ Dining Out Without Filling Out
- ◆ Fueling for Work and Play
- ◆ Apps and Online Resources

4
KITCHEN
SERIES

Complete Kitchen Series: Eating Right-Safely and Economically

- ◆ Kitchen Safety
- ◆ Farmer's Markets
- ◆ Organic, Local, Natural
- ◆ Nutrition Bang for Your Buck



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Join University of Illinois Extension and your coworkers for Putting Wellness to Work lessons.

Each series is designed to keep you up-to-date on current trends and give you skills to make smart choices.

University of Illinois Extension provides practical education you can trust to help people, businesses and communities solve problems, develop skills and build a better future.

Check with your employer for dates and times.