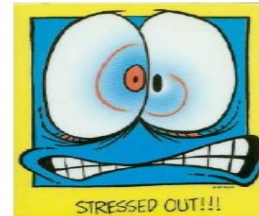


Employee Assistance Program Lunch and Learn

Date: April 15, 2014
Time: 12—1 p.m.
Where: Galaxy Rooms
SU 2.602 - A & B



April is
National Stress Awareness Month

Join the UT Dallas Wellness Committee for a lunch and learn session that will offer a complete overview of the UT Dallas [Employee Assistance Program \(EAP\)](#).

Learn how you and your family can benefit from the program and utilize its resources to help create a healthy balance between personal and work life. Lunch will be provided

Lunch and giveaways will be limited to the first 150 attendees. No registration required to attend.

Please Note: UT Physical Activity Challenge Pedometers will be distributed before and after the meeting to those who have already registered in the program.

Upcoming Wellness Events

2014 UT System
Physical Activity Challenge
[“Living Well, Moving Well”](#)
Register Now!!

“Living Well, Moving Well” Kick-Off
[Walk 10 at 10](#)
May 1

American Cancer Society
Lunch & Learn
TBD

More information coming soon!


THE UNIVERSITY of TEXAS SYSTEM


HEALTH SOLUTIONS



Presented by the
UT Dallas Wellness Committee
[utdallas.edu / wellness](http://utdallas.edu/wellness)