

# Brown Bag Wellness Workshop Series

We invite you to attend this series of wellness workshops. Bring your lunch—we will provide light refreshments. Free and open to all AU faculty and staff.

**Thursday, February 19**

## **Fitting Fitness into Your Lifestyle**

**12:15 - 1:00 p.m. | MGC 4**

An interactive workshop with plenty of tools to make fitness a worry-free part of your day.

**Thursday, March 19**

## **No Cooking, Cooking Class**

**12:15 - 1:00 p.m. | MGC 4**

Dread spending hours in the kitchen?

Join one of Bon Appétit's Chefs for a hands-on experience in quick and healthy food preparation.

**Wednesday, April 15**

## **Eating Well with the New Pyramid**

**12:15 - 1:00 p.m. | MGC 200**

Join a registered dietician to learn about proper portions, tips for managing your weight, and healthy, balanced eating with the help of the food guide pyramid.

**RSVP requested**

**Email Amy Farr, [farr@american.edu](mailto:farr@american.edu)**

**For more info, visit [american.edu/hr/wellness.html](http://american.edu/hr/wellness.html)**

Brought to you by AU's Faculty & Staff Wellness Program

