Spring Wellness Updates

Melissa Morgan
Manager of Wellness Programs, FSAP
Transforming Your Anger and Conflict

*Does unresolved conflict or anger cause you problems at home or at work? If so, this group may be for you.*

This **weekly, eight-session group** will provide practical information about the nature and styles of anger and conflict, as well as healthy strategies for responding to anger-triggering situations and resolving conflict effectively.

April 29 – June 17, 2014*
Meets Weekly: Tuesdays from 12:00pm – 1:00pm
Wellness Champions
Know Your Numbers

Last Chance Screening!
Thursday, March 13\textsuperscript{th}
8:00 am-4:30 pm
Cox Hall Ballroom

Register online: www.hr.emory.edu/screenings
Walking Group

Meet Me @ Lullwater Begins Tuesday, March 18th!

• 6 week group
  • Meets every Tuesday
  • 12:15 pm-12:45 pm
National Walking Day

Ready, Set...
Lace up your sneakers and make a commitment to live healthier by joining us for the annual American Heart Association National Walking Day.

Meet at the gates to Lullwater Preserve

Location

Two 30 minute walks: 11:45AM & 12:30PM

Date/Time
May: National Employee Health & Fitness Month

• Staff Fest: Friday, May 16th
  – Fun Run/ Fun Walk
  – Volleyball Tournament