

BENNINGTON COLLEGE

October 7, 2011 **Managing Your Energy**
Location: Barn 100 Presenter: Joy Cox, Human Resources
Time: 12:00 Noon

In the book, *"The Power of Full Engagement"* J. Loehr and T. Schwartz discuss managing energy to reach high performance and gain personal renewal. Participants will receive an overview of the principles of engaging mind, body, heart, and spirit to reduce stress, manage energy, and maximize time. This session will include discussion, activities, and an opportunity to provide input into future Brown Bag Basics topics that stir your interest and cultivate your energy.

November 16, 2011 **Finding Time for Fitness**
Location: Barn 100 Presenters: Andrew Wu, Assistant Director for Athletics, Intramurals & Recreation
Time: 12:00 Noon

Participants will learn about some fun ways to integrate fitness into your day – even during the winter months. Following the session, participants who choose will have the opportunity to tour the Meyer Recreation Barn and learn how to take advantage of its resources as an employee of Bennington College.

December 7, 2011 **Healthy Meal Planning**
Location: Barn 100 Presenter: Lynn Grieger, Registered Dietitian, Certified Diabetes Educator, ACSM Certified
Time: 12:00 Noon Personal Trainer, and Licensed Corporate Wellcoach

Sponsored by the Wellness Committee, this session will educate participants on how to use the new *Choose My Plate* tools for healthy eating on the run. *Choose My Plate* replaced the old Food Pyramid and it's a simpler and more effective tool for meal planning. Lynn will also reveal the top 10 foods to improve your health without busting your food budget.

January 26, 2012 **Caring for Aging Parents**
Location: Barn 100 Presenters: Linda Wichlac, Executive Director of Bennington Project Independence
Time: 12:00 Noon Gina Anzivino, Membership Coordinator of Bennington Project Independence

Will you be responsible for caring for an aging parent or other loved one in the future? Participants in this session will discuss helping individuals stay independent, how to have an effective conversation about the need for additional services, what to be aware of when evaluating options for care, how to recognize when intervention may be necessary, helpful resources in providing care, and an opportunity for questions and answers.

March 7, 2012 **How Am I doing? Understanding and Achieving Your Long Term Financial Goals**
Location: Barn 100 Presenter: Erik Moreau, TIAA-CREF
Time: 12:00 Noon

Do you have a plan to achieve your financial goals? Is your plan on track? Participants in this session will discuss retirement goals, budgets, managing debt, and planning for emergencies. Erik Moreau will be on campus March 7 for this informative seminar. Please RSVP to Karen in HR. If you are interested in scheduling an individual counseling session with Erik, 30-minute appointments will be scheduled for March 7 and April 4. Or if you prefer a phone consultation with Erik on a different day, please provide your name and phone number to Karen.

April 5, 2012 **You Can't Take a Balloon into the Metropolitan Museum: Making the Most of Museums and Cultural Outings with Children**
Location: Barn 100 Facilitator: Oceana Wilson, Director of Library and Information Services
Time: 12:00 Noon Presenters: TBD

Many of us are interested in exposing the children in our lives to cultural experiences in the visual and performing arts. Come hear a panel of experts from various local cultural venues discuss ways to create engaging experiences for children that foster a life-long respect for and appreciation of the arts. Bring questions as well as your tips and ideas to share with others.