wellNEssoptions
Working toward a State of Health
Division of Administrative Services

HealthFitness & Wellness Champions

present the following trainings

NEBRASKA DEPARTMENT OF EDUCATION

July 23, 2015
2:30 PM

Fitting In Fitness

July 30, 2015
9:30 AM

Healthy Eating On A Budget

August 11, 2015
9:00 AM

The Art of Meditation and Yoga

August 14, 2015
9:30 AM

Delicious Vegetables: Adding Nutrients in a Tasty Way

September 24, 2015
9:30 AM

Women's Health: Taking Care of You

Employees must register via the Employee Development Center.
Sessions will be held in the State Board Room and broadcast online via Adobe Connect for those located in satellite offices.