Health Fitness & Wellness Champions present the following trainings:

- **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.