

SCHEDULE OF EVENTS

The EXPERTS are in! Enjoy learning about healthy lifestyle choices and the options that are available in our community.

Look for These Great Events in the Main Concourse Conference Area



11:00 – 11:30:

Jim Simon from UB Green:
Green Initiatives on Campus and Green Measures
You Can Use at Home

11:30 – 11:45:

Chris Siuta from EAP:
Relaxation Technique to Help Smokers Quit the Habit

11:45 – 12:30:

Russ Crispell from Athletics:
Outdoor Pursuits and the Alaskan Sampler

12:30 – 1:00:

Linda Burey from EH&S:
Office Ergonomics Workshop

1:00 – 1:30:

Anne Bielinski from Human Resources:
Retirement Information Session

1:30 – 1:45:

Chris Siuta from EAP:
Relaxation Technique to Help Smokers Quit the Habit