Additional presentations will be added during the semester. Please look for future program offerings at Spring 2019 Brown Bag Presentations or email employeeassistance@niu.edu to be included on our email list.

Register to: employeeassistance@niu.edu or call 753-9191

"Get Cultured!"
Thursday, February 28 – 12-1 pm – Holmes Student Center Room 506

Are you interested in learning about how fermented foods like kimchi, kombucha, sauerkraut, kefir, and tempeh can support health and digestive wellness? If so, come and learn about the process of fermentation, sample some delicious recipes, and discover how you can make your own fermented foods at home! Presented by Elizabeth Voyles, Nutrition Intern

“Revisiting the Lost Art of Letter Writing”
Meet monthly: 2/22, 3/29, 4/26 and 5/17

Do you love to write letters, but don’t feel like writing alone? Do you want to write letters or postcards to support a cause? Do you like sending cards to family or friends? Do you want to get started with letter writing but don’t know how or want to restart in this new year. Then this group is for you! You can bring your own letter/card supplies or you can use some which will be provided for participants. (Stamps will not be provided.) This is an ongoing group and you may come when you can or join when you can. Seating is limited so please RSVP to reserve your seat. Lead by Lesley Gilbert, Employee Assistance Program and Training Center

“Deciding to Retire from NIU”
Thursday, March 14 – 12-1 pm – Holmes Student Center Room 406

There are still things you will need to do on campus after you have your SURS retirement appointment. This presentation will focus on and teach you the step-by-step NIU processes that will help you retire successfully. Presented by Liz Guess, Human Resource Services Benefits

"How to Read the Front of a Package"
Tuesday, March 19 – 12-1 pm – Holmes Student Center Room 406

Grocery store aisles are filled with products that are covered in stamps and phrases to attract consumers and tell them that their product is the best option on the shelf. This lunch and learn will define common nutrition marketing terms like "low fat" and "reduced sodium" to enable you to make the right dietary choices for yourself. It will also cover popular third party seals of approval like the American Heart Association and Whole Grain Council. Presented by Maddie Squier, Nutrition Intern

“Low Carb or No Carb? Instead, Think Slow Carb”
Monday, April 8 – 12-1 pm – Holmes Student Center Room 406

Thinking about ditching carbs? Get all the facts first! Learn about how carbs benefit your body, how to choose carbs wisely, and bust some myths about low-carb diets! Presented by Kelli Brody, Nutrition Intern
“Know Your “Perks”
Tuesday, April 30 – 12-1 pm – Holmes Student Center Room 506

This fun and engaging session will show full-time employees some of the “perks,” or benefits, available through campus, the State of Illinois and the federal government, some which can be enrolled in during Benefits Choice. Presented by Susan Swegle, Employee Assistance & Training Program

“Exercise is the Best Medicine”
Wednesday, May 1 – 12-1 pm – Holmes Student Center Room 506

Exercise doesn’t have to be another boring daily task! This presentation will review the recommended fitness guidelines, touch on myths, and focus on the benefits and the importance of getting in regular exercise to help prevent age related deterioration of our bodies. Presented by Daniel Lutsch, GA in KNPE and Employee Assistance Program and Training Center

“Fitness is the Goal”
Wednesday, May 8 - 12-1 pm – Holmes Student Center Room 506

We never seem to have enough time in a day, how are we supposed to get our recommended daily exercise? This interactive session will review exercise equipment, demonstrate exercises for muscle groups, discuss alternative means of exercise/activity and tips on how to fit it all in! Presented by Daniel Lutsch, GA in KNPE and Employee Assistance Program and Training Center

“Tuition Waivers”
Wednesday, May 15 – 12-1:00 p.m. – Holmes Student Center Room 306

Employees of NIU have a great benefit available called the Tuition Waiver Program. This session will explain how to utilize the program, what is covered, and who is eligible to use it. Presented by Susan Swegle, Employee Assistance Program and Training Center

Save the Date

NIU Health & Wellness Fair

Wednesday, April 3

10 am – 1 pm

Holmes Student Center Ballroom