



2016 Wellness Education

Subject	Date	StartTime	EndTime	Location
Save Your Savings, Spot Scams and Protect Your Identity	1/12/2016	12:00 PM	1:00 PM	138 East Court Street (CAB), Room 805
Musculoskeletal Health - Health at Your Desk	1/13/2016	12:00 PM	1:00 PM	800 Broadway 16th Floor
Food and Exercise Tracking - Apps Class	1/14/2016	12:00 PM	1:00 PM	JFS - 222 East Central Parkway A&D Building Room 6SE401
Nutrition: Eat for the Health of It!	1/19/2016	11:30 AM	12:30 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
Effects of Poor Lifestyle vs. Healthy Lifestyle	1/20/2016	12:00 PM	1:00 PM	138 East Court Street (CAB), Room 805
Back Health - We've Got Your Back	1/21/2016	12:00 PM	1:00 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
Home Safety for Dummies	1/26/2016	11:30 AM	12:30 PM	138 East Court Street (CAB), Room 805
Caring for Aging Parents - And Yourself	1/27/2016	11:30 AM	12:30 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
Financial And Retirement Wellness: Ohio Deferred Comp	1/28/2016	11:30 AM	12:30 PM	800 Broadway 16th Floor
Heart Health Diet and Tips	2/2/2016	12:00 PM	1:00 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
Managing Anxiety - CLASS FULL!	2/3/2016	12:00 PM	1:00 PM	800 Broadway 16th Floor
Heart Health	2/9/2016	12:00 PM	1:00 PM	138 East Court Street (CAB), Room 805
Save Your Savings, Spot Scams and Protect Your Identity	2/11/2016	12:00 PM	1:00 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
College Advantage Direct 529 Savings Plan	2/17/2016	12:00 PM	12:30 PM	800 Broadway 16th Floor
Weight Management	2/17/2016	12:00 PM	1:00 PM	138 East Court Street (CAB), Room 805
Memory Fitness: Protecting a Valuable Asset	2/18/2016	12:00 PM	1:00 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
Stress Awareness with Yoga	2/23/2016	12:00 PM	1:00 PM	800 Broadway 16th Floor
Building Physical Activity into Your Day	2/24/2016	11:30 AM	12:30 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
Retirement Wellness: VOYA Financial	2/25/2016	11:30 AM	12:30 PM	138 East Court Street (CAB), Room 805
Healthy Eating - Making Informed Food Choices	3/1/2016	12:00 PM	1:00 PM	138 East Court Street (CAB), Room 805
Back Health - We've Got Your Back	3/3/2016	8:00 AM	9:00 AM	3 Paul Brown Stadium
Diabetes Prevention	3/8/2016	12:00 PM	1:00 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
Ergonomics and You	3/9/2016	11:30 AM	12:30 PM	800 Broadway 16th Floor
Creating a Culture of Health	3/10/2016	12:00 PM	1:00 PM	138 East Court Street (CAB), Room 805
Save Your Savings, Spot Scams and Protect Your Identity	3/15/2016	7:30 AM	8:30 AM	250 William Howard Taft 1st Floor Conference Room A/B/C
Achieve Personal Success with LifeOptions	3/16/2016	11:30 AM	12:30 PM	800 Broadway 16th Floor
Retirement Planning in a Volatile Market: CCAO	3/17/2016	11:30 AM	12:15 PM	138 East Court Street (CAB), Room 705
Retirement Planning in a Volatile Market: CCAO	3/17/2016	12:30 PM	1:15 PM	138 East Court Street (CAB), Room 705
Work Life Balance	3/29/2016	12:00 PM	1:00 PM	138 East Court Street (CAB), Room 805
Tobacco - E-Cigarettes: What's the Harm?	3/30/2016	11:30 AM	12:30 PM	800 Broadway 16th Floor
Caring for Aging Parents - And Yourself	3/31/2016	7:30 AM	8:30 AM	230 East 9th Street 3rd Floor Media Room
Kick-it! Successfully Quit Tobacco Use	4/6/2016	12:00 PM	1:00 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
Musculoskeletal Health - Health at Your Desk	4/7/2016	12:00 PM	1:00 PM	800 Broadway 16th Floor
Home Bodies: Working Out Without a Gym	4/12/2016	7:30 AM	8:30 AM	250 William Howard Taft 2nd Floor Large Conference Room
Cancer Prevention - CLASS FULL!	4/13/2016	12:00 PM	1:00 PM	JFS - 222 East Central Parkway A&D Building Room 6SE201
Save Your Savings, Spot Scams and Protect Your Identity	4/14/2016	12:00 PM	1:00 PM	800 Broadway 16th Floor
Anger Management	4/21/2016	12:00 PM	1:00 PM	800 Broadway 16th Floor
Stress Awareness with Yoga	4/26/2016	12:00 PM	1:00 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
College Advantage Direct 529 Savings Plan	4/27/2016	12:00 PM	12:30 PM	138 East Court Street (CAB), Room 805

Retirement Wellness: VOYA Financial	4/28/2016	11:30 AM	12:30 PM	800 Broadway 16th Floor
Managing Health Behavior Change: A Stage-by-Stage Approach	5/3/2016	12:00 PM	1:00 PM	138 East Court Street (CAB), Room 805
Asthma and Allergy Education	5/4/2016	12:00 PM	1:00 PM	800 Broadway 16th Floor
Financial And Retirement Wellness: Ohio Deferred Comp	5/5/2016	11:30 AM	12:30 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
Healthy Eating and Stress Management	5/10/2016	12:00 PM	1:00 PM	230 East 9th Street 3rd Floor Media Room
Importance of Sleep	5/10/2016	12:00 PM	1:00 PM	138 East Court Street (CAB), Room 805
Nutrition: Solving the Puzzle of Sugar and Fat	5/12/2016	11:30 AM	12:30 PM	250 William Howard Taft 1st Floor Conference Room A/B/C
Achieve Personal Success with LifeOptions	5/18/2016	11:30 AM	12:30 PM	138 East Court Street (CAB), Room 805
Breast Cancer Health - 3D Mammography Screening	5/19/2016	12:00 PM	1:00 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
Healthy Eating - Making Informed Food Choices	5/24/2016	12:00 PM	1:00 PM	138 East Court Street (CAB), Room 805
Sleep-Understanding the Basics	5/25/2016	12:00 PM	1:00 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
Getting Started: Walking and Running	6/1/2016	12:00 PM	1:00 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
Life Happens! Thriving Through the Challenges	6/2/2016	12:00 PM	1:00 PM	800 Broadway 16th Floor
Retirement Planning in a Volatile Market: CCAO	6/7/2016	11:30 AM	12:15 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
Retirement Planning in a Volatile Market: CCAO	6/7/2016	12:30 PM	1:15 PM	JFS - 222 East Central Parkway A&D Building Room 6SE601
ADHD in Children and Adolescents	6/15/2016	12:00 PM	1:00 PM	138 East Court Street (CAB), Room 805
Tobacco and Second Hand Smoke Dangers	6/16/2016	12:00 PM	1:00 PM	800 Broadway 16th Floor
Food and Exercise Tracking - Apps Class	6/22/2016	12:00 PM	1:00 PM	138 East Court Street (CAB), Room 805