2019-2020 Lunch & Learn Series

Motivation to Move
*September 17, 2019, 12:05pm - 12:50pm, Freeman Athletic Center Classroom*

We all know exercise is good for us and that we should move more but in the reality of busy schedules how do we motivate ourselves to keep moving? How do we find movements we enjoy? How do we fit it in? And does movement really have to hurt? Join Maggie Downie, author of Keep Moving: Take Steps to Relieve Pain & Improve Your Life and learn what motivates you to move!

Happy Feet & Back
*November 5, 2019, 12:05pm - 12:50pm, Freeman Athletic Center Classroom*

With every step we take our feet do so much to support us, but with our feet tucked away in our shoes we often don’t pay much to them. Healthy, happy feet make for a stronger, more efficient and functional body. This program provides info and exercises to strengthen and mobilize the foot and lower leg. Whether you have foot, hip or lower back pain you should consider looking toward the health of your feet as a first step to resolving your chronic pain. Want to get the spring back in your step and reduce and relieve back pain? This workshop is for you.

Stress Less
*April 1, 2020, 12:15pm - 1:15pm, Freeman Athletic Center Classroom*

Is stress a part of your life? Are you currently living in the present moment? Or, are you easily distracted or often focusing on the past or future? Learn how to cope with stress and practice being mindful throughout your day.