

2017-2018 Health & Wellness Workshop Series

The **COD Library** in collaboration with the **TLC** are pleased to offer the following Health & Wellness Workshop Series. To sign-up or see a complete listing of COD Library's workshops, go to <http://www.codlrc.org/sos>

Students and Community Members

Library Workshops and Webinars are free, non-credit, and open to everyone (no sign-up required). The purpose of these Library sessions is to encourage and teach all members of the College of DuPage community to master the skills necessary to conduct research, explore resources and become independent lifelong learners. Each session will introduce options, present research-based findings and provide additional resources.

COD Employees:

If you'd like a certificate or record of your attendance, please register via the SOS workshop page and/or be sure to sign-in at the session. We'll provide proof of attendance to TLC.

COD Faculty

Faculty can use these workshops as a **health & wellness incentive activity**. (You *must register* and attend a workshop during the 2017-2018 academic year, prior to May 31, 2018. Make sure to sign-in at the workshop. After attending, notify the TLC of the workshop that you attended and request a wellness incentive activity completion certificate.

Workshop Descriptions:

Find a Doctor, Dentist or Medical Facility



Do you need to find a new general practitioner (GP) or specialist? Been given a choice of locations where a procedure or surgery can occur? Need some help making an informed decision? Attend this workshop and learn how to find credible information about health care providers and health care facilities.

Thursday, October 26, 2017, 2:00-2:45 PM, Library (SRC) room 3104

Sleep—When You *Don't* Snooze, You Lose!



Popular culture teaches us that if you snooze you lose, but research shows just opposite—sleep is important! Come and learn why getting quality sleep is essential to health. Find out what happens when we get the right kind of sleep and what negative consequences, like loss of productivity, result from *not* getting enough rest. Tips and tricks to improve sleep patterns will be shared.

Thursday, November 16, 2017, 1:00-1:45 PM, Library (SRC) room 3104

SuperTracker: Maximize Your Nutrition and Physical Activity



Learn how this free, easy-to-use web resource can help you research and track your food (diet) and physical exercise. Effortlessly track your wellness journey, generate reports, and receive helpful tips improving your health!

Tuesday, December 5, 2017, noon-12:45 PM, Library (SRC) room 3104

Stress, Humor & the Workplace



Countless health research studies and documented medical cases show the negative effects of stress on health and wellbeing. Stressful situations in our workplaces are unavoidable. If we cannot control or stop the causes of stress, we can find positive, constructive methods to maintain our health and wellbeing. Humor relieves stress and helps us be positive, productive and effective. Join this workshop to learn how humor can reduce stress and create a more positive work environment!

Friday, February 9, 2018, noon-12:45 PM, Library (SRC) room 3104

Drug Interactions



Do I take this medication with food or without? Can I drink (alcohol, citrus juice, milk) with these meds? Does this medicine react with other supplements or medications that I'm already taking? Learn to run drug interactions quickly and accurately. Find the answers to these and other medication-related questions by attending this workshop!

Monday, March 12, 2018, 3:00-3:45 PM, Library (SRC) room 3104

Critical Thinking: The Health Connection



Whether you are debating trying a new diet plan, taking a prescribed medication or wondering if the latest health & wellness research findings apply to you, critical thinking skills are essential. Questions are the answers to today's convoluted health care system. Come to this session for tips on applying critical thinking principles to common health and wellness situations.

Tuesday, April 10, 2018, 1:00-1:45 PM, Library (SRC) room 3104

Special thanks to WDCB for helping us share these Health & Wellness workshop opportunities with our Community.

