



Corporate Brown Bag Lecture Series

The Olson Center for Women's Health at UNMC offers a variety of lectures for corporations to use for brown bag lunch n' learns. Each lecture consists of a speaker, folder of educational information on the topic, and a post-lecture evaluation.

Lectures are based on attendance.

Promotion of the lecture prior to the brown bag is recommended.

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- Adapting to Change
- Alcoholism and the Family (Family Sculpture)
- Balancing Your Life
- Breast Cancer/Breast Health
- Eat Well to Live Well
- Emotional Intelligence and Resiliency
- Flexibility, It's an Easier Stretch Than You Might Think
- Healthy Snacking Ideas
- How to Keep a Healthy Heart
- Issues and Challenges of Women with Addiction
- Lighten Up Your Holiday Foods *
- Make the Good Life a Reality. Learn to Live Well! **
- Pain or Pleasure, Work or Play: Perspectives on Physical Activity in the Modern World
- Reducing Your Risk for Stroke
- Stress
- Well Woman Health Care
- Why Weight? Begin a Strength Training Program Today

* a cooking demonstration is part of this presentation

** presentations can be developed for any health-related topic to meet the needs of your group