2017 Staff Recognition Week Class Schedule - Tuesday, May 23rd

8:30A 9:00A 9:30A 10:00A 10:30A 11:00A 11:30A 12:00P 12:30P 1:00P 1:30P 2:00P 2:30P 3:00P 3:30P 4:00P

Citizen's Response to an Active Threat
Communication and Connection
TIPS and TRICKS for Stretching Your Benefit Dollars
Lightroom Photo Organization
Rent Smart
Hope for the Best is Not a Healthy Retirement Plan
Fostering Positive Interpersonal Relationships at Work
Helping You Market Mizzou with Communicate on Demand
Personal & Professional Organization
Health Information for Men
Health Information for Men
You Gotta Laugh!

2017 Staff Recognition Week Class Schedule - Wednesday, May 24th

8:30A 9:00A 9:30A 10:00A 10:30A 11:00A 11:30A 12:00P 12:30P 1:00P 1:30P 2:00P 2:30P 3:00P 3:30P 4:00P

Your Financial Health
Navigating Social Media
YOUR GREATNESS!
Things That Get Us Into Trouble
TIPS and TRICKS of Stretching Your Benefit Dollars
Saving for Higher Education with Missouri's 529 Savings Plan - MOST
Know Your Numbers 101
Retirement, It's Getting Close
Live Well with MyPlate
Getting to Know Your H.S.A.
2017 Staff Recognition Week Class Schedule - Thursday, May 25th

8:30A 9:00A 9:30A 10:00A 10:30A 11:00A 11:30A 12:00P 12:30P 1:00P 1:30P 2:00P 2:30P 3:00P 3:30P 4:00P

- **Diversity & Inclusion Foundations: Moving Toward Inclusive Excellence**
- **Cooking Well with Diabetes**
- **YOUR GREATNESS!**
- **Social Security and Your Financial Health**
- **Getting to Know Your H.S.A.**
- **Taking Care of You: Body. Mind. Spirit**
- **Tapping into the Benefits of Stress**
- **Supporting Employees with Autism**
- **Tapping into the Benefits of Stress**
- **Retirement, It's Getting Close**
- **Laughter Yoga**
- **Excell Tips and Tricks**
- **Stealth Health**
- **Stealth Health**
- **Stealth Health**

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**Well-being for Work**

- Productivity: Gratitude and Green Plants
- Dealing with Chronic Neck and Back Pain
- You Gotta Laugh!
- Chair Yoga
- Personal & Professional Organization

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**Taking Care of You:**

- Body. Mind. Spirit

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**Stealth Health**

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**Well-being for Work**

- Productivity: Gratitude and Green Plants

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**2017 Staff Recognition Week Class Schedule - Thursday, May 25th**