

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						Who Gets Grandma's Yellow Pie Plate						
					Health Information for Men			Fostering Positive Interpersonal Relationships at Work				Health Information for Men			
			Hope for the Best is Not a Healthy Retirement Plan						Helping You Market Mizzou with Communicate on Demand			Personal & Professional Organization			
				Laughter Yoga						You Gotta Laugh!					
			Excell Tips and Tricks				Supporting Employees with Autism								

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.			

Well-being for Work Productivity: Gratitude and Green Plants		Dealing with Chronic Neck and Back Pain				What is Employee Engagement		Well-being for Work Productivity: Gratitude and Green Plants
	You Gotta Laugh!					Personal & Professional Organization		Chair Yoga
	Excell Tips and Tricks							

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				
			Taking Care of You: Body. Mind. Spirit						Taking Care of You: Body. Mind. Spirit						
	Getting to Know Your H.S.A.						Supporting Employees with Autism			Tapping into the Benefits of Stress					
	Tapping into the Benefits of Stress								Retirement, It's Getting Close						
	Chair Yoga									Laughter Yoga					
								Excell Tips and Tricks							
	Stealth Health				Stealth Health				Stealth Health						