



SCHEDULE OF THRIVE LUNCH & LEARNS FOR 2022

Live Webinars by UPMC			
Date	Topic	Time	Location
6/15/2022	Your Immunity, Your Defense	10:30 AM	Live Webinar by UPMC
7/13/2022	Your Prescription: Home-Cooked Meals	1:30 PM	Live Webinar by UPMC
8/10/2022	Seven Habits for a More Productive Workday	1:30 PM	Live Webinar by UPMC
9/14/2022	Tipping the Scale to Wellness	1:30 PM	Live Webinar by UPMC
10/12/2022	The Journey to a Healthy Family	10:30 AM	Live Webinar by UPMC
11/16/2022	Stress-free Holidays	1:30 PM	Live Webinar by UPMC
12/14/2022	Warming up for Winter	1:30 PM	Live Webinar by UPMC

Viewable on Survey Monkey at Your Convenience		
Category	Topic	Link
Finance	How to Build a Budget	https://www.surveymonkey.com/r/3YNQNZB
	How to Manage Debt Before It Manages You	https://www.surveymonkey.com/r/32WZ279
	Financial Wellness	https://www.surveymonkey.com/r/WQRYFCM
Nutrition	Reading Food Labels	https://www.surveymonkey.com/r/733W2HG
	Portion Sizes	https://www.surveymonkey.com/r/X7QCXGG
	How to Use Autumn/Winter Produce	https://www.surveymonkey.com/r/QMQ9HW3
Fitness	How to Create an Exercise Space in Your Home	https://www.surveymonkey.com/r/W7Q3W72
	How to Use Exercise Bands	https://www.surveymonkey.com/r/F86VFFG