OFFICE OF HUMAN RESOURCES

- Healthy You
- Lemberg Children’s Center Workshop

HEALTHY YOU

Working together for your Wellness

Fitness Walking Seminar
Hassenfeld, Sherman Hall
Wednesday, March 19, 2014
12:00 pm- 1:00 pm

Presented by Tufts Health Plan

1. Introduction: Benefits of Fitness Walking

2. Before You Start
   a. Proper Walking Shoes
   b. Proper Clothing to Wear
   c. When/What to Eat and Drink

3. Stretching/Flexibility


5. Additional Exercises to Enhance Walking Program: Injury Prevention

To enroll visit: https://brandeis.wufoo.com/forms/fitness-walking-seminar/ or for more information or questions email or call Tim Carey at tcarey@brandeis.edu or 781.736.4461

Lemberg Children's Center

Managing Your Child’s Anger: Effective Tools for Teaching Conflict Resolution

First presentation: March 13th 12PM- 1PM
Ongoing parent discussion group: Thursdays 12PM-1PM
Dates: March 6th – May 15th, 2014
Location: Shapiro Campus Center, room 314

Children, like adults, get angry—this is a natural feeling, however, how they react is important in learning how to participate in a social setting. They express their feelings in ways that depend on their ages, what they can understand and what they can do. Howie Baker and Karen Gutterman of the Lemberg Children’s Center will present tips and skills for understanding, managing, and preventing a young child’s angry behavior as well as helping children use conflict resolution skills rather than rely on physical aggression. The curriculum is part of the ACT Raising Safe Kids program by the American Psychological Association. To learn more about the program, please visit our website at www.brandeis.edu/lemberg/act.