OFFICE OF HUMAN RESOURCES

- 2014 Red Sox Season Ticket Sale
- Healthy You: Supermarket Smarts
- Lemberg Children's Center: Parent Discussion Group

2014 RED SOX SEASON TICKET SALE

The Office of Human Resources will sell tickets to the Boston Red Sox 2014 season home games to faculty, staff and post docs.

For further details, please click on this link:
http://www.brandeis.edu/humanresources/sporttickets/redsoxannouncement.html

HEALTHY YOU

Working together for your Wellness
Supermarket Smarts
Hassenfeld, Levine Ross
Monday, March 31, 2014
12:00 pm - 1:00 pm

Presented by Tufts Health Plan

Supermarket Smarts

To eat a healthy diet starts with your trip to the supermarket. The sheer number of choices can be overwhelming. In this presentation, the nutritionist will help participants choose healthier foods. Healthier foods will consist of fresh fruits, vegetables, whole grain products, low fat dairy, lean meats. At the same time participants will learn what unhealthy foods to eliminate or reduce. These are foods high in saturated fats, high in calorie content, high in sugar, salt and simple carbohydrates. These are primarily processed foods. Participants will learn how to read labels in order to make good choices. Other helpful shopping tips will be discussed.

To enroll visit: https://brandeis.wufoo.com/forms/supermarket-smarts/

For more information or questions email or call Tim Carey at tcarey@brandeis.edu or 781.736.4461

LEMBERG CHILDREN'S CENTER: PARENT DISCUSSION GROUP

The Lemberg Children's Center is hosting weekly Parent Discussion Groups for parents raising young children. There are a variety of topics.

To learn more about the discussion group, please click on the link: