

2008–2009 NIH Wellness Lecture Series

FOCUS ON YOU!



Eat that Frog: Lessons in Time Management | Nov.5 | 12-1:30pm

Neuroscience Conference Room C, 6001 Executive Blvd. | Lecturers: Virginia Hill, MSW of OD and Sheria Washington of OD

Yoga Stretches for the Desk and Office | Nov.18 | 1-2pm

Rockledge One Cafeteria, 6705 Rockledge Dr., 4th floor | Lecturer: Rachel Permut-Levine, PhD, MSPH of NHLBI

Lifestyle Approaches to Preventing the Leading Cause of Death: Heart Disease | Dec.12 | 1-2pm

Rockledge One Cafeteria, 6705 Rockledge Dr., 4th floor | Lecturer: Denise Simons-Morton, MD of NHLBI

Too busy to exercise? Simple ways to become more active | Jan.14 | 1-2pm

Building 1 Cafeteria, 3rd floor | Lecturer: Michael Donovan, PhD of NCI

I'm OK, You're So-So: Dealing with Annoying People and the Hassles of Life | Feb.12 | 1-2pm

Building 31 Cafeteria | Lecturer: Rachel Permut-Levine, PhD, MSPH of NHLBI



Contact info: Office of Research Services, nihemplsrvc@ors.od.nih.gov
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Sign Language Interpreters will be provided. For other reasonable accommodations,
please contact Christopher Gaines at 301-402-8180 or by e-mail (gainesc@ors.od.nih.gov)