



## SCHEDULE OF THRIVE LUNCH & LEARNS FOR 2020-2021

### 2021 Thrive Lunch and Learns Live Webinars by UPMC

Date	Topic	Time	Location
11/11/2020	Seven Habits to a More Productive Work Day	1:30 PM	Live Webinar by UPMC
12/3/2020	Physical Activity Tracking Technology	10:30 AM	Live Webinar by UPMC
12/16/2020	Fat Facts: Healthy Fats = Healthy Heart	1:30 PM	Live Webinar by UPMC
1/13/2021	All About EAP	7:30 PM	Live Webinar by UPMC
2/10/2021	Health Coaching	7:30 PM	Live Webinar by UPMC
3/10/2021	High Blood Pressure. How Risky Is It?	1:30 PM	Live Webinar by UPMC
4/14/2021	Your Health Journey: Know Your Numbers	10:30 AM	Live Webinar by UPMC
5/12/2021	Staying Healthy on the Go	1:30 PM	Live Webinar by UPMC
6/9/2021	Summer Sun Basics	1:30 PM	Vincentian Home, Basement Training Rm
7/14/2021	Stress Less	10:30 AM	Vincentian de Marillac, Activity Room
8/11/2021	Seven Essential Health Habits	1:30 PM	Live Webinar by UPMC
9/15/2021	Screen, Test, Act for Prediabetes	1:30 PM	Marian Manor, B Building Conference Rm
10/13/2021	The Power of Plants	10:30 AM	Vincentian de Marillac, Activity Room
11/10/2021	Healthy Holiday Celebrations	1:30 PM	Schenley Gardens
12/8/2021	Good Form, Good Health	7:30 PM	Live Webinar by UPMC

### Recorded Thrive Lunch and Learns - 2021 Viewable on Survey Monkey at Your Convenience

Category	Topic	Link
Financial Wellness	Understanding Credit Scores & Reports	<a href="https://www.surveymonkey.com/r/X6VK9QR">https://www.surveymonkey.com/r/X6VK9QR</a>
	How to Build a Budget	<a href="https://www.surveymonkey.com/r/3YNQNZB">https://www.surveymonkey.com/r/3YNQNZB</a>
	Planning for Retirement	<a href="https://www.surveymonkey.com/r/32772MM">https://www.surveymonkey.com/r/32772MM</a>
	How to Manage Debt Before It Manages You	<a href="https://www.surveymonkey.com/r/32WZ279">https://www.surveymonkey.com/r/32WZ279</a>
	Mortgages	<a href="https://www.surveymonkey.com/r/3232KNY">https://www.surveymonkey.com/r/3232KNY</a>
Nutrition	You Think You are Eating Healthy	<a href="https://www.surveymonkey.com/r/B8S7Z5D">https://www.surveymonkey.com/r/B8S7Z5D</a>
	How to Use Fresh Produce	<a href="https://www.surveymonkey.com/r/G8CTJYV">https://www.surveymonkey.com/r/G8CTJYV</a>
	Grilling Healthy	<a href="https://www.surveymonkey.com/r/G7KWZ9X">https://www.surveymonkey.com/r/G7KWZ9X</a>
Fitness	How to Be More Active	<a href="https://www.surveymonkey.com/r/BG2LDV9">https://www.surveymonkey.com/r/BG2LDV9</a>
	Injury Prevention/Stretching	<a href="https://www.surveymonkey.com/r/BJXDYTS">https://www.surveymonkey.com/r/BJXDYTS</a>
Miscellaneous	Setting Goals	<a href="https://www.surveymonkey.com/r/TCMBLJM">https://www.surveymonkey.com/r/TCMBLJM</a>
	Gardening Tips	<a href="https://www.surveymonkey.com/r/ZFJDQF9">https://www.surveymonkey.com/r/ZFJDQF9</a>