



Enabling All To Succeed!

Monthly lunches are open to all CWU faculty and staff and will be a time for co-workers to connect, have fun, and learn from each other as we move through 2010 together.

Who: All CWU employees

What: A series of fun, interactive one-hour lunches!

\$5.00 soup and salad bar, cost of meal subsidized by Dining Services.

Cost of presenter meals complements of Dining Services

When: Monthly at 12 noon

Where: Lombard Room, Sue Lombard Hall

Sponsored by the Employee Assistance and Human Resources Work/Life programs with support from Exempt Employee Association Work/Life Committee and Dining Services.

January Program

CWU community 'experts' including Steve Waldeck, Ken Briggs, and Lori Chandler on fitness planning for the new year. Provided solid advice for 2010! January 21, 2010 - 33 participants.

February Program

Wednesday, February 24, 2010 - Chef Patrick Garmong, Catering, will do display preparation of a couple of nutritious but cheap main dishes. Nutrition counseling available at each lunch table by peer nutritionists.

Employees who have a skill or interesting bit of knowledge worth sharing with other CWU employees, are encouraged to contact Donna Kramer at cap@cwu.edu with information.