

*The Office of Human Resources is pleased to collaborate with
campus departments and organizations to present*

Training Tuesdays

January 2016

January 12

COME LEARN ABOUT NEW CAMPUS ACTIVE THREAT TRAINING

12:30 p.m. – 1:30 p.m.

Miller Center Auditorium

Sponsored by St. Cloud State Public Safety and Safety Risk Management

Faculty and staff welcome! We will be viewing the MnSCU Shots Fired Training Video. After the video we will learn how St. Cloud is taking steps to create a safer and secure environment for faculty, staff and students.

“The only thing harder than planning for an emergency is explaining why you didn’t”

PRESENTERS: **Jesse Cashman**, Assistant Vice President for Safety and Risk Management and **Blake Held**, Graduate Assistant for Emergency Preparedness.

January 19

WEIGH TO LOSE

12:30 p.m. – 1:30 p.m.

Centennial Hall, room 115

Sponsored by Staywell

Fad diets promise fast results, but the long term benefits are questionable. Managing weight for a lifetime can be a challenge when we are bombarded with so many weight loss messages. During this session participants will learn:

- The difference between fad diets and managing weight for a lifetime.
- How to practice portion control.
- Reading food labels
- The importance of tracking.
- How to move your body.

PRESENTER: **Holly Glaubitz**, Wellness Program Coordinator, Staywell