March

3: Fortify Your Teeth and Bones
4: Introduction to Meditation
5: Making Anger Work for You, Not Against You
8: Small Steps to Weight Management
9: Menopause: The Milestone in Every Woman’s Life
10: Pregnancy Power: Fitness Tips Before, During, and After
12: Dual Careers
18: myCIGNA.com Demonstration
23: Menopause: The Physiological Side of the Change
24: Sugar and Sugar Substitutes
26: Manage Stress at Work
30: Conflict Resolution
31: Menopause: Changing Life, Changing Diet
31: Ways to Reduce Your Health Care Expenses

For more information and to register for offerings, go to www.purdue.edu/worklife and log in.