

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March 2009</h1>					www.d.umn.edu/umdhr/Training/ HIP Meetings Wellness, Health, Personal Development Book Group for Professional Learning Driver Improvement Program Supervisory Training Special Events	
1	2	3 HIP Meeting RSOP Tour and Local Fitness Centers Overview KSC 333 12:00-12:30	4 Like a Fish Out of Water: An Overview of Asthma KSC 333 12:00-1:00	5	6	7
8	9 Re-Framing Stressors: Lessons Learned from Photographing Nature KSC 333 12:00-1:00	10 HIP Meeting Emotional Eating II: Mindless Munching KSC 333 12:00-12:30	11 Book Group for Professional Learning KSC 333 12:00:1:00	12 Battling the Common Cold: How to Pick Over-the-Counter Medication KSC 323 12:00-1:00	13	14
15 SPRING BREAK 3/16-20	16	17 HIP Meeting Importance of Water in Your Diet Garden Room 12:00-12:30	18 Learn to Use Resistance Bands Ballroom A 12:00-12:45	19	20	21
22	23	24 HIP Meeting Create Your Home Gym KSC 333 12:00-12:30	25 Book Group for Professional Learning KSC 333 12:00:1:00	26 "Back" Talk: Keeping Your Back Healthy and Lifting Safely KSC 323 12:00-1:00	27	28
29	30	31 HIP Meeting Cholesterol, Diabetes, Hypertension and More KSC 333,12:00-12:30				

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<h1>April 2009</h1>				www.d.umn.edu/umdhr/Training/ HIP Meetings Wellness, Health, Personal Development Book Group for Professional Learning Driver Improvement Program Supervisory Training Special Events		
			1	2 Fitness & Exercise KSC 323 12:00:1:00	3	4
5	6 Learn About Osteoporosis KSC 333 12:00-1:00	7 HIP Meeting The Importance of Sleep KSC 333 12:00-12:30	8 Book Group for Professional Learning KSC 333 12:00:1:00	9 You Can Do This! Simple Toning Activities Using Soup Cans KSC 323 12:00:1:00	10	11
12	13 Simple Moves to Improve Your Balance, KSC 333, 12:00-1:00	14 HIP Meeting Stress Management 520 DADB 12:00-12:30	15 National Student Employment Week Luncheon Rafters, 11:30 ----- Driver Improvement Program Part I (Beginner) Garden Room, 5:00-9:00 p.m. ----- UMD Wellness Program, WDIO-TV & American Heart Association Sponsor "Heart Nature Walk"	16 Driver Improvement Program Part II (Beginner) Garden Room, 5:00-9:00 p.m.	17	18
19	20	21 Supervisory Training: Gift of Feedback, Garden Room, 8:30-12:30 ----- Nutrition Analysis Garden Room 12:00-12:30	22 Book Group for Professional Learning KSC 333 12:00:1:00	23 Depression & Anxiety KSC 323 12:00-1:00	24 Driver Improvement Program (Refresher) Garden Room 5:00-9:00 p.m.	25
26	27 CPR Training 24 DADB 8:30-12:30	28 HIP Meeting Diet Myth Busters Garden Room 12:00-12:30	29 Seizure Recognition & Response KSC 333 12:00-1:00	30 Sleep Deprivation: The Missing Link to Overweight & Obesity KSC 323, 12:00-1:00		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>May 2009</h1>					1	2
3	4	5 HIP Meeting KSC 333 12:00-12:30	6	7	8 Last day of Spring Classes	9
10 Final Exams 5/11-5/15	11	12 HIP Meeting Garden Room 12:00-12:30 ----- Outstanding Service Awards Ceremony Kirby Ballroom 3:00-5:00	13	14	15	16
17	18	19 HIP Meeting KSC 355-357 12:00-12:30	20	21	22	23
24	25 HOLIDAY Campus Closed	26 HIP Meeting Garden Room 12:00-12:30	27	28	29	30
31				www.d.umn.edu/umdhr/Training/ HIP Meetings Wellness, Health, Personal Development Book Group for Professional Learning Driver Improvement Program Supervisory Training Special Events		