Lunch-And-Learn Webinars
Wellness Knowledge at Your Desk

1) **Managing stress or is it managing you?** – You’re not alone. Be part of this online discussion about our body’s response to stress, identifying stressors, and stress management. Join us **this Thursday**, March 14 at 11:30AM. Register for this webinar at [https://www3.gotomeeting.com/register/491689590](https://www3.gotomeeting.com/register/491689590).

2) **Economy Got You Worried?** – Many of us feel stress about an uncertain economic future. Whether we’re concerned about keeping a job, saving for retirement, or meeting the cost of day-to-day living, worry can eat us up. Join us at 11:30AM on March 20 for this online workshop. You’ll learn tips for managing financial stress and maintaining emotional well-being even when the household budget is tight. Register for *Managing the Emotional and Financial Stress of Today’s Economy* at: [http://survey.ouhsc.edu/TakeSurvey.aspx?SurveyID=74L29p1](http://survey.ouhsc.edu/TakeSurvey.aspx?SurveyID=74L29p1).

Follow Healthy Sooners for Updates
You can get updates about wellness activities and tips for healthy living by following Healthy Sooners on Twitter and Facebook. Click here: [Facebook](http://www.facebook.com/healthysooners) and [Twitter](https://twitter.com/HealthySooners).

Grab Your Glove and Bring It To The Diamond!
You and your OU friends are invited to participate in Spring 2013’s Coed Fun-For-All Softball Season beginning early April. All you need is twelve people to make a team. Departmental teams and creative team names are encouraged! Your team can include faculty, staff and retirees. Don’t have a team yet? Don’t worry. Sign up as a single player and we’ll make sure you get on a team. This fun event is open and free to the university community. Contact Breion Rollins in Healthy Sooners ([brollins@ouhsc.edu](mailto:brollins@ouhsc.edu)) by March 29 to sign up. Softball games will happen in Norman.

[NORMAN ONLY] Help the American Cancer Society Cure Cancer
Ever wish there was something you could do to help cure cancer? Now there is. The American Cancer Society is looking for volunteers to participate in a long-term cancer study. This study will contribute to a better understanding of the lifestyle, environmental, and genetic factors that can cause or prevent cancer. Participants in the study must be between the ages of 30 and 65 and have never had a cancer diagnosis. Participation includes a survey and blood analysis when you first enroll and then a survey mailed to you every couple of years to update your lifestyle, environmental, and medical information. Click here for more information and to enroll: [www.cancerstudyOK.org](http://www.cancerstudyOK.org).

Questions?
Contact Breion Rollins in OU Healthy Sooners at brollins@ouhsc.edu. The mission of Healthy Sooners is to foster a supportive culture of physical and mental well-being, which inspires employees to make healthy personal and professional lifestyle choices. Learn more here: http://healthysooners.ouhsc.edu.

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