

# Lunch & Learning

with Dr. Edna

11:00 A.M. every Thursday in the Resource Room

JAN  
28

COVID-19 Vaccination – Know the facts

FEB  
04

Coping Skills

FEB  
11

Self Esteem

FEB  
18

Substance Abuse

FEB  
25

How to Quit Smoking

MAR  
04

Anger Management

MAR  
11

Job Skills/Making an impression

MAR  
18

Physical Health/Effects of Drugs

Dr. Edna will be available for individual, family or group counseling each day after lunch.

# Health Fair

sponsored by  
**Baker College  
Student Nurses**

April 5th  
1:00pm-4:00pm

## TABLE ONE

Find Information about COVID and Handwashing.

## TABLE TWO

Learn about mental health including the value of journaling and sleep.

## TABLE THREE

Children's painting table, grab a take home set of water colors.

## TABLE FOUR

Find information about writing a resume, going to interviews, etc. Job applications from local businesses will be provided.

## TABLE FIVE

Find information about nutrition and a healthy diet.

**Free giveaways  
at every table!**

