Additional presentations may be added during the semester. Please look for future program offerings at Spring 2019 Brown Bag Presentations or email employeeassistance@niu.edu to be included on our email list.

Register to attend the following presentations: employeeassistance@niu.edu or call 753-9191

"Should I Go to School?"
Wednesday, September 18, 12-1 pm – Holmes Student Center Room 406

Interested in getting a degree or maybe another degree? Don’t know how to start the process? This session will discuss the many aspects an employee or their dependents should consider before applying and the various resources available once the decision has been made. Information will include what to consider before applying, the application process, payment options, and more. Presented by Susan Swegle, Employee Assistance Program and Training Center

Lifelines for Caregiving
Friday, September 20, 12-1 pm – Holmes Student Center Room 506

Are you a caregiver or about to become one or wanting information for yourself for future care? This program will help answer questions on resources and things that you need to be aware of on all different levels of care; even care that affects persons with dementia. Useful tools for caregivers and patients will be provided. Presented by Christi Coulter, Elder Care Services

Revisiting the Lost Art of Letter Writing
Meet monthly 12-1 p.m. on Fridays, 9/27, 10/25, 11/22, 12/13

Do you love to write letters, but don’t feel like writing alone? Do you want to write letters or postcards to support a cause? Do you like sending cards to family or friends? Do you want to get started with letter writing but don’t know how? Then this group is for you! You can bring your own letter/card supplies or you can use some which will be provided for participants. (Stamps will not be provided.) This is an ongoing group and you may come when you can or join when you can. Seating is limited so please RSVP to reserve your seat. Lead by Lesley Gilbert, Employee Assistance Program and Training Center

“It's going around (Immune System)"
Tuesday, October 1, 12-1 pm – Holmes Student Center Room 406

This is the system that will fight off the sniffles, flu and allergies and more importantly cancer. It can also be the system that allows those things to take over your body. We can show you how to make your immune system David vs. Goliath strong! Presented by Dr. David Foss, Vital Wellness Center
“Deciding to Retire from NIU”
Friday, October 4 – 12-1 pm – Holmes Student Center Room Heritage Room
Or Thursday, October 17 – 12-1 pm - Holmes Student Center Room 406

There are still things you will need to do on campus after you have your SURS retirement appointment. This presentation will focus on and teach you the step-by-step NIU processes that will help you retire successfully.  Presented by Liz Guess, Human Resource Services Benefits

“Know Your “Perks”
Friday, October 11– 12-1 pm – Holmes Student Center Room 406

Successful NIU employees take advantage of benefits available to them around campus, through the State of Illinois and even the federal government. This session explains the many “perks” available and shows you how to make the most of them. Presented by Susan Swegle, Employee Assistance & Training Program

“What You Should Know About the Tuition Waiver Program”
Thursday, October 24 – 12-1:00 p.m. – Holmes Student Center Room 506

Being a successful employee may involve further education. NIU employees and their dependents have a great benefit available called the Tuition Waiver Program, but completely understanding this benefit before enrolling is important. This session will explain how to utilize the program, what is covered and who is eligible to use it. Presented by Susan Swegle, Employee Assistance Program and Training Center

“Can You Trust the Fitness Products”
Wednesday, October 30 - 12-1 pm – Holmes Student Center Room 406

In the age of six minute abs, the shake weight, and Instagram “fitness”, don’t fall victim to the scam marketing offering quick results at a reasonable price. This talk will help identify what social media and infomercials has done to the world of exercise. Presented by Daniel Lutsch, GA in KNPE and Employee Assistance Program and Training Center

"Making Exercise a Lifestyle, Not a Trend"
Wednesday, November, 6th - 12-1 pm – Holmes Student Center Room 406

A trend will come and go, but a lifestyle is forever. Exercise is a vital component to living a happier healthier life and should be integrated as a serious lifestyle decision. This presentation will identify ways to properly set yourself up for success when it comes to tackling your wellness goals. Presented by Daniel Lutsch, GA in KNPE and Employee Assistance Program and Training Center

“Tai Chi”
Thursday, November 21 – 12-1 pm – Holmes Student Center Room Illinois Room

Tai Chi is practiced around the world as a gentle exercise that promotes physical relaxation, stress-reduction, and overall well-being. In this session, participants will learn about the origins of Tai Chi, watch a brief demonstration, and have the opportunity to try out some simple postures and breathing exercises. Light physical activity is optional; no special attire is required. Presented by Paul Wright, Kinesiology & Physical Education

Save the Date
Coming Soon
Health & Wellness Fair
Wednesday, April 1st, 2020