



Human Resources is pleased to introduce our Brown Bag Luncheon series. These Brown Bag series are designed to relieve stress, focus on self, and learn something new and informative.

April- 30, 2014- Whole Foods Diet

Barbara Maida, Holistic Health Counselor and Nutritional Educator, will discuss a whole foods diet focusing on the problems with the food industry, how to distinguish what is safe to eat, and what foods cause sluggishness and what foods energize. Please visit her website for additional information. <http://wholebodyawareness.com>

Location: Building 1A, room 308
Time: 12:00 p.m. to 1:00 p.m.
Please RSVP to humanresources@csi.cuny.edu by April 25, 2014.



May 20, 2014- Social Security and Medicare Q & A

Representatives from Social Security Office will be available to answer all your questions such as how to apply for Social Security and Medicare, what does Medicare cover and what's the difference between Medicare Part A and Part B.

Location: Building 1A, room 308
Time: 12:00 p.m. to 1:00 p.m.
Please RSVP to humanresources@csi.cuny.edu by May 14, 2014.



June 18, 2014- MCU's Financially Fit Series- Identity Theft and Understanding Credit

Representatives from Municipal Credit Union (MCU) will provide employees the tools needed to become a "financially fit" employee. The goal is to provide a roadmap to navigate through the basics of personal finance.

Location: Building 1A, room 308
Time: 12:00 p.m. to 1:00 p.m.
Please RSVP to humanresources@csi.cuny.edu by June 13, 2014.



Please feel free to bring your lunch. Space is limited, and reservations are required.

