

HUMAN RESOURCES



COLLEGE OF STATEN ISLAND

HUMAN RESOURCES IS KICKING OFF THE SPRING 2019 LUNCH & LEARN SERIES

Are you at Risk? The Facts About Preventing Diabetes

Thursday, March 28, 2019

Location: Building 1A, Room 308

Time: 12:30 – 1:30 PM

1 in 3 American Adults has prediabetes and 90% of people with prediabetes, do not know they have it. If left untreated, prediabetes can progress into type 2 diabetes. Catherine Yeadon from Workwell NYC will discuss the risk factors and actions that you can take to reduce your risk!

How to Eat Healthy on a Budget

Wednesday, April 17, 2019

Location: Building 1A, Room 308

Time: 12:30 – 1:30 PM

Participants will learn about the importance of a healthy diet for mental and physical well-being. They will also receive information and resources for healthy eating on a budget.

Social Security & Medicare (Q&A)

Tuesday, May 07, 2019

Location: Building 1A, Room 308

Time: 12:30 – 1:30 PM

Planning on retiring soon? 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 & Part B.

RSVP to humanresources@csi.cuny.edu

Please feel free to bring your lunch. Registration is required as space is limited.