



## Lunch & Learn

# Lunch & Learn from Discount Ninja

Wednesday, August 10, 2016

Government Center // 111 NW 1st Street

Conference Rooms 18-3 and 18-4

Cost: Free, light lunch or gift provided

Pre-Registration Required

**11 a.m. to Noon**

**Mindful Stress Management:  
Reduce Stress and Increase Happiness**

**Presenter: Jennifer Roden**

### LEARN

**Mindful practices including:  
techniques for mindful breathing and sitting  
and gentle mindful movements**

No lunch provided, free gift

Register at [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov)

**11:30 a.m.**

**Online Degrees Designed with You in Mind  
FIU Online**

### LEARN

**Flexible online Master's Degree  
Areas of studies available  
Receive an application waiver of \$30 USD**

Light lunch provided. Register directly at  
<http://www.fiuonline.com/campaigns/learn.php>

**12:30 p.m.**

**How to Prevent Fraud  
Dade County Federal Credit Union**

### LEARN

**What is fraud  
How identity thieves acquire information  
How to prevent identity theft**

Light lunch provided

Register at [wellnessworks@miamidade.gov](mailto:wellnessworks@miamidade.gov)

**12:30 p.m.**

**Consumer Protection Is Here To Help  
MDC Office of Consumer Protection**

### LEARN

**What we do to help residents  
and visitors to Miami-Dade  
The top 10 trends in consumer  
complaints – and how to avoid them  
How to spot a scam**

No lunch provided, free gift  
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**Don't miss this opportunity to Lunch & Learn at your workplace.**



Sponsored by the Employee Discount Program in the Human Resources Department