

February 25	<p>Babb University Seminar Health and Financial Wellness <i>This seminar covered building a financial foundation, budgets and worksheets, money saving ideas, short term savings, funding future paychecks, and a 401k roadmap to positive growth.</i></p>
March 25	<p>Lunch & Learn Danger Fat Ahead Bridget C. Calhoun, Dr. P.H., P.A.-C, Duquesne University <i>Provided a discussion about the dangers of being overweight and the benefits of losing just 5-10% of your body weight.</i></p>
April 17	<p>Lunch & Learn Ways to Lose the Weight Cara Pallatino, Liz Meinert, Allison Ballina, and Cassandra Malink <i>Gave an overview of the fad diets out there and what “diet” tips you really should be listening to.</i></p>
April 25	<p>Babb University Seminar Health Care Reform and Small Market Groups <i>This seminar discussed Western Pennsylvania healthcare providers, how small businesses will be impacted, and new carrier rating methodology.</i></p>
April 29	<p>Babb University Seminar Uncovering Effective Wellness Strategies for Small Employers fitUnited</p>
April 30	<p>Babb University Seminar Health Care Reform Are You Prepared? Washington County Chamber of Commerce</p>
May 16	<p>Babb University Seminar Loss Prevention Strategies for the HR Professional Greenbriar Treatment Center <i>This training event taught attendees how to increase their company profitability by learning how to reduce and/or eliminate unnecessary losses.</i></p>
May 22	<p>Babb University Seminar Workers’ Compensation Cost Management Strategies Westmoreland Human Resources Association</p>
July 24	<p>Babb University Seminar Substance Abuse Issues in the Workplace Greenbriar Treatment Center <i>This training event covered all of the ins and outs of substance abuse in the workplace, its affects on company profitability, and provided each participant with proven methods to reduce its impact on their business.</i></p>
August 21	<p>Babb University Seminar Health Care Reform: Compliance Readiness <i>This seminar allowed employers to have a better understanding of when they must be ACA compliant and informed them of employer mandates and new IRS reporting requirements.</i></p>
September 18	<p>Lunch & Learn The Fat Truth About Age and Metabolism Vicki March, MD <i>Presented a discussion about how age affects metabolism and tips to help you maintain a healthy weight as you age.</i></p>
November 25	<p>Lunch & Learn Stress & the Scale Laura Crooks, RN, Med <i>Discussed how stress can affect unhealthy weight loss or gain.</i></p>
December 16	<p>Babb University Seminar Scared or Prepared? Advanticom and Dell SecureWorks</p>

Partners

