# R.E.B.S. LIFE SKILLS SEMINAR
Spring 2016 Schedule

## Registration for Seminars and Access to Event Resources on Webcampus

1. **Nevada Partnership for Homeless Youth**
   - **Date:** Feb. 8th
   - **Time:** 5:00 pm
   - **Location:** 4981 Shirley St, Las Vegas, NV 89119

2. **Independent City**
   - **Date:** Feb. 29th
   - **Time:** 7:00 pm
   - **Location:** CBC A 106

3. **Nevada Partnership for Homeless Youth**
   - **Date:** March 10th
   - **Time:** 4:00 pm
   - **Location:** 4981 Shirley St, Las Vegas, NV 89119

4. **Life After Sports**
   - **Date:** March 28th
   - **Time:** 7:00 pm

5. **Student-Athlete Career Forum**
   - **Date:** April 5th
   - **Time:** 7:00 pm
   - **Location:** Stan Fulton Building

6. **Nutrition: Health on a Budget**
   - **Date:** April 18th
   - **Time:** 7:00 pm
   - **Location:** CBC A 106

7. **Stress Management**
   - **Date:** April 26th
   - **Time:** 7:00 pm
   - **Location:** SRWC Meeting Room #1010

- **Event Time Available at Sign Up on Webcampus**
- **Community Service Hours Count Toward the MWC Community Service Challenge**
- **Put all of your R.E.B.S. Life Skills Knowledge to Use Through an Interactive Game That is a Cross Between Life and Monopoly.**
- **Winner Gets a Prize!**
- **Event Time and Location Available at Sign Up on Webcampus**
- **Community Service Hours Count Toward the MWC Community Service Challenge**
- **Tips for Learning to Make the Transition When You Are No Longer Part of an Athletics Team**
- **How to Prepare for Your Life and Career After Sports**
- **A Great Opportunity to Network with Potential Employers!**
- **This Event is Mandatory for Juniors and Seniors but All Student-Athletes are Welcome!**
- **Education on Techniques to Maintain Healthy Eating Habits**
- **Optimizing Performance Through Nutrient Intake**
- **Come Unwind at the End of the Semester!**
- **Learn to Manage Stress Both Mentally and Physically Through Meditation and Exercise**

For additional information or questions contact Jamie Barnard, jamie.barnard@unlv.edu or Becky Pugh, rebecca.pugh@unlv.edu