



Lunch and Learn Summary Form

Fill out this form after participating in a live virtual Lunch & Learn session or viewing a Lunch & Learn recording online. Upload the completed form to the 4URHealth portal at www.SARH4URHealth.org (in the Wellness Points tab) or submit the completed form to the 4URHealth office via interoffice envelope, fax (909.985.2818), scan/email (4urhealthcoach@sarh.org), or hand deliver (drop in secure mailbox - Latimer, Room 172). To receive wellness point credit, forms must be submitted by the posted deadline date listed for each session.

Employee Name (Printed):	
Employee Number:	
Department:	
Contact Phone #	

Title of Lunch and Learn Session:	
Date Viewed:	

Write a brief summary (2-3 sentences or bullet points) of what you learned from this Lunch & Learn session.

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Describe how the information/concepts presented in this Lunch & Learn could be incorporated into your life.

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Employee Signature:	
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