The Department of Health and Physical Education, and the Division of Science, Health and Business invite faculty members, staff and administration to participate in a professional development workshop:

COPING WITH STRESS AND CHANGE AT THE WORKSITE - A WELLNESS PERSPECTIVE

June 16, 2006
9:00am - 3:00pm (Lunch Provided)
Brighton Campus, Monroe A and B
Maximum Attendance 200

Featured Speaker: Brian Luke Seaward, PhD
(Author, Teacher, Speaker, Expert in the field of Stress Management)

will present:

COPING WITH CHANGE AT THE WORKPLACE (morning)
STAND LIKE A MOUNTAIN, FLOW LIKE WATER, REFLECTIONS ON STRESS AND HUMAN SPIRITUALITY (lunch)

BREAKOUT MORNING SESSIONS presented by MCC Faculty:

• FOOD/FUEL FOR THE BODY, MIND AND SPIRIT - Michelle Bartell, Hospitality
• MANAGING STRESS: FOLLOWING A PATH TO A HEALTHY HEART - Karen Cardillo, HPE
• 12 STEPS TO WELL-BEING, BODY, MIND AND SPIRIT - Jim McKenna, HPE
• HOLISTIC WELLNESS - A NEW FRAMEWORK - Craig Rand, HPE

AFTERNOON ACTIVITY SESSIONS facilitated by MCC Faculty:

• LABYRINTH WALK
• MEDITATION
• YOGA
• TAI CHI
• CHAIR MASSAGE

All participants will receive a thank you gift for attending, compliments of the Department of Health and Physical Education.