

*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:

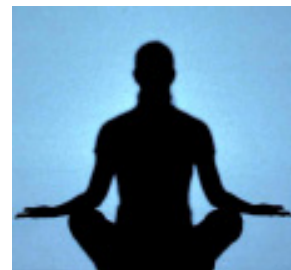
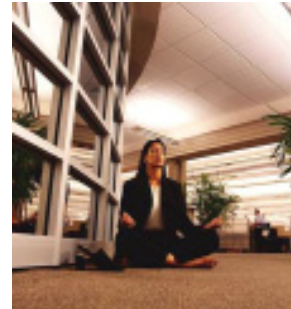
COPING WITH CHANGE AT THE WORKPLACE (morning)  
STAND LIKE A MOUNTAIN, FLOW LIKE WATER, REFLECTIONS ON  
STRESS AND HUMAN SPIRITUALITY  
(lunch)

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.*