

MCC Support Staff Professional Development & Planning Council
Presents

Feel Your Best... Release the Stress

Find your balance: **MIND, BODY AND SPIRIT**

Thursday June 11, 2015

All MCC employees are invited to attend

8:45 – 9:15 Welcome Activity & Breakfast – **Monroe A**
9:15 – 9:50 Introductions and Overview of MCC Resources

Activities (see descriptions on next page):

Mindfulness Led by Donna Burke Location: **9-152**

Session 1: 10:00 - 10:50

Session 2: 11:00 - 11:50

Qi Gong Led by Raphaela McCormack Location: **10-143 (Dance studio)**

Session 1: 10:00 - 10:50

Session 2: 11:00 - 11:50

Racquetball Led by D. Navarro, T. Sleight & T. Regan Location: **10-191A**
(Racquetball Courts)

Session 1: 10:00 - 10:50

Session 2: 11:00 - 11:50

Please join us for all or some of the activities. Space is limited so sign up today!

To reserve a space please email indicating preferred session(s).

RSVP by JUNE 9 to: Sylvia Lavin – slavin@monroecc.edu or
Brenda Davies – bdavies@monroecc.edu

Include whether you will be having breakfast (RSVP by June 8).

Mindfulness with Donna Burke

In a world where we are constantly bombarded with stimuli and striving to multi-task, the simple (but not always easy) practice of mindfulness can provide calm, clarity and focus. Are you ready to challenge yourself to learn about this practice as a way to address the stresses and complexities of our professional and personal lives? Let Donna Burke (Counseling and Veteran Services/Advisement and Graduation Services) show you how mindfulness can be applied to your work and daily life.

Session I: 10:00 – 10:50 a.m.

Session II: 11:00 – 11:50 a.m.

Location: 9-152

Qi Gong with Raphaela McCormack

Qi Gong (pronounced *chee gong* or *gung*) is an ancient Chinese practice that includes slow circular movements, regulated breathing, and meditation. It is easy to learn and can be done standing, sitting, or lying down, so is suitable for everyone regardless of age or physical condition.

Qi Gong increases the body's flow of its own energy (qi), helping to improve circulation, relieve stress and pain, and restore health. Sessions will be led by Raphaela McCormack, a certified Qi Gong instructor and therapist, who is returning to MCC after teaching two popular classes last year.

Wear comfortable clothing and socks if you don't want to be barefoot.

Session I: 10:00 – 10:50 a.m.

Session II: 11:00 – 11:50 a.m.

Location: 10-143 (Dance Studio)

Racquetball Basics and Instructions

This class will give an overview of racquetball rules, techniques, and strategies. All skill levels from beginner to expert are welcome. Instructors will be MCC staff Diane Navarro, Travis Sleight, and Travis Regan.

Wear sneakers, shorts, and a tee shirt. Racquets and eyewear will be provided. The locker rooms will be open if needed.

Session I: 10:00 – 10:50 a.m.

Session II: 11:00 – 11:50 a.m.

Location: 10-191A (Racquetball Courts). Participants can RSVP for both sessions.