

SAC Lunch Series

(Student Affairs Communications)

Professional Development for EWU Student Affairs Staff

Purpose: Relax and Rejuvenate

Program: Each option is offered multiple times; sign up for any or all:

10-minute massage

50-minute reflexology presentation/demonstration

30-minute mindfulness participation seminar

Date: Wednesday, June 20, 2012

Time: Noon – 2 p.m. (up to one hour of release time is available*)

Location: TAW 215ABC

Register: Please pre-register by contacting [Karen Marsh](#)

Had a busy year? Need to learn de-stressing techniques OR just want a free massage? Then we have the program for you! Come to the next SAC Lunch Series event and you will be treated to a 10-minute massage, learn about reflexology techniques to help you release stress, and explore the world of mindfulness with Dr. Russell Kolts. As always cookies will be provided.

* Please coordinate approval with your supervisor to ensure adequate office coverage.