



October 2008



National Work & Family Month

Please join us for as many events as you can to help celebrate National Work & Family Month!
Contact Aimee Bonn at x28848 with any questions.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lexington Group (EAP) Overview of Services 1-2pm / ASC 306 ING 9-5/ASC 303	2 Breast Cancer Awareness Table 11-1:30/EN Rotunda ING 9-5/WT	3 Healthy Integration, Dr. Michele Vancour, 1-2pm/ ASC 306 Women's Self Defense Class 2-4/ASC 301	4
5	6 Breast Cancer Awareness Table 11-1:30/Nursing Building AFLAC 9-1/EN Rotunda	7 Liberty Mutual 8-10am/ Morrill	8 ING 9-5/ASC 305	9 Breast Cancer Awareness Table 11-1:30/Wintergreen AFLAC 11-4/WT	10 Resumes & Interview- ing: Just the Facts 12-1pm/ASC 306 Self Defense Class 2-4/ ASC 301	11
12	13 Southern on the Move Group Walk 12:30pm / ASC	14 Eldercare Workshop, Dean Paveza 11:30-12:30pm ASC 308	15 Wellness Appreciation "Being Green" 12-1pm / ASC 306 ING 9-5/ASC305	16 ING Retirement Planning for Women 12:30-1:30pm/ASC 306 Breast Cancer Awareness Table 11-1:30/ASC Foodcourt	17 Stress, Sickness & Solutions, Dr. William Sherman, 12-1pm/ASC 306 Self Defense Class 2-4/ ASC 301	18
19 Multicultural Center's Journey of Man (Film & Discussion) 6-8pm/ASC 301	20 Top 10 Strategies For Healthy Eating 12-1pm / ASC 306	21 Yoga Class 12-1pm/ Fitness Center (Max 20 participants)	22 Blood Pressure Screening 9-12, 1:30-3pm Health Services ING 9-5/ASC 303	23 Breast Cancer Awareness Table 11-1:30/Morrill/Jennings Multicultural Center's Journey of Man (Film & Disc.) 7-9pm/ASC 301	24 Resume Clinic, (Bring a resume draft) 12-1pm/ Career Center (SZ) Self Defense Class 2-4/ ASC 301	25
26	27 Southern on the Move Group Walk 12:30/ASC Afternoon of Darkness, DARC, 11:30-2/CT Hall	28 Identity Theft Presenta- tion by Campus Police 12- 1/ASC 306	29 Domestic Violence: Impact on the Workforce and the Role of the Supervisor 1-2pm/ASC 306	30 Breast Cancer Luncheon 12:30-1:30/ EN B121 (RSVP to Aimee Bonn x28848 or Cathy Christy x26946)	31 Self Defense Class 2-4/ ASC 301	