

Keeping it Together When life Gets Tough

Take time out to relax and focus on your own wellness!

Come join members of the FSAP team, Director, Eileen Fenrich, Counselor, Nicole Cornthwaite, Wellness Counselor, Susan Johnston and Yates Field House Fitness Director Jane Vaganek to hear about the dimensions of wellness and how you can take care of yourself when "life gets tough". You will be given the opportunity to experience self care through guided light physical movement and relaxation. So, come treat yourself to a casual, yet informative and experiential program!

When: 12-1PM: Thursday, September 20, 2007

Where: McCarthy Hall – McShain Lounge/Large

The presentation is free and requires no reservation. All GU Faculty, Staff and Students are welcome. If you have any other questions or concerns, please contact Sandy 7-2409.



Faculty and Staff Assistance Program

Department of Human Resources