

FSAP

Faculty and Staff Assistance Program

Sponsored Seminar

Relax and Renew for the SUMMER

The summer time is ideal for relaxation. Between warm summer weather, and having more leisure time, you can find all sorts of ways to relax and heal. If you are occasionally stressed throughout the year, practicing relaxation techniques is especially important for your health. The benefits of relaxation are more than simply a refreshed mind and rejuvenated spirit. There are significant physical health benefits to relaxation! Take a break from your busy workweek to join us in practicing this important skill.



This seminar will be facilitated by a UM FSAP consultant.

ATTEND:

Miller School campus: Tuesday, June 6th, 12-1:00 p.m., Clinical Research Building, Room 692

RSMAS Campus: Wednesday, June 7th, 12-1:00 p.m., Library, Media Room

Coral Gables campus: Thursday, June 8th, 12-1:00 p.m., McKnight Building, Room 201AB

To register, go to <http://ulearn.miami.edu>.

For help with ULearn registration, or to receive email announcements of upcoming seminars, please call the FSAP @ 305-284-6604.



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