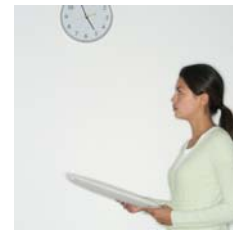


The Faculty Learning Institute

presents a

Stress Buster Workshop

Featuring John Vaughan of Citrus College



Join faculty, staff, and John for tips on how to deal with and prevent stress in our busy lives. Topics of discussion include: stretching and breathing techniques, postural issues, exercises, and even “Pilates”. This is a no stress workshop; wear comfortable clothes like workout attire, and John says, “Just Say No to Shoes!”

Thursday, April 30, 2009 - 2:45pm - 4:00pm - CI 159

or

Friday, May 1, 2009 - 9:00am - 10:15am - CI 159

Please RSVP by contacting Diana Gill @
dgill@citruscollege.edu or (626) 914-8577

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