



CONFLUENCE. . .

A FLOWING TOGETHER OF WATERWAYS,
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A FLOWING TOGETHER OF WATERWAYS,

OR SCHOOLS OF THOUGHT.

EVENT DESCRIPTIONS

Campus-Wide Deadline Calendar for Admin Support Staff (Linda Shantol and Alen Behret)

Learn about the new calendar in 25Live that shows all the important campus-wide deadlines: publication, printing & graphing, and section building deadlines. See special features including how to set up 25Live to send you an email reminding you about the upcoming deadlines. The presentation will include a discussion with participants about posting other important campus-wide deadlines you think necessary for your smooth operations.

Connecting with Your Inner Child

Enjoy the activities that made you happy as a child! Learn to reconnect with your inner child while putting together puzzles, making crafts, noodle necklaces, etc. This is a great opportunity to forget about everyday stresses and focus on having fun!

Lane's New Lecture Capture System: How can Lecture Capture save time for Classified, Faculty, and Management staff: Seven things you need to know about Lecture Capture

This workshop will present several ideas how staff can use this new system to create content for the web, DVD, and/or Moodle, and provide discussion time related to creating learning objects, department program overviews, and personalizing web pages.

Management Steering Committee and New Manager's Welcome

MSC update to include election, MSC goals for the year, introduction of communication tools and MPDC overview of fund accounting and review/approval procedures, and a welcome to Lane's new managers.

Peer-to-Peer Networking

Join us for a session of putting faces with names, names with departments, and creating work project cohorts. Learn about Peer-to-Peer's important mission. Put your two-cent's worth into future training needs, charter clarification, and Peer-to-Peer's direction into the future.

Employee Health and Wellness

Flex, Stretch, and Roll

Relieve muscle tightness, relax your mind and roll away tension using your own body and foam rollers. Join your local Employee Wellness Coordinator, Wendy Simmons, for this session.

30 Minutes to a New You

Think you don't have enough time to get in a good workout? If you have 30 minutes three times a week, this workout can work for you! Come to this class to learn about and try interval training, a type of exercise that involves bursts of higher intensity work followed by a period of recovery. Interval training has been proven through research to encourage more fat loss than traditional "steady-state" workouts. Join Layne King, Certified Personal Trainer, for this class.

Need Nia?

Nia is a joy-based movement practice that invites people of all shapes and ages to discover their own movement potential, and is adaptable to all levels, from beginners to athletes. Join Amy Palatnick, Certified Black Belt Nia Instructor, for this lively and sense-engaging movement workshop.

A Taste of Tai Chi

Tai chi is a mind-body, self-healing system that uses movement, meditation, and breathing to improve well-being. Join Greg Wilson, Leung Martial Arts Studio instructor, for this introductory session.

Zumba

ZUMBA Fitness is a Latin dance inspired cardiovascular workout sweeping the nation, which focuses on dance as a means for exercise. No dance experience is necessary, just a desire to move your body and have fun. Join Kara Churchill, certified Zumba instructor for this dance party.