To ALL men and women staff members...

Feeling a little 'B L A H' this time of year?

Energize your ... **BODY**

Empower your ... **MIND**

Express your ... **SOUL**

Join us Wednesday,

**February 15th, 2012**

8:30 am ~ 12:30pm

Memorial Union
Great Plains Ballroom

Featuring

**Chris Linnare**

Author of several books and newspaper articles on health and empowerment, including the award-winning book and social project Beautiful Women of North Dakota™.

**Desire to Grow**

Join Chris as she encourages body-mind-soul connection by combining positive emotions with movement to energize and empower your life.

*There will be minimal movement - comfortable clothing suggested.*

**Schedule:**

- **8:30am ~ 9:00am** Check In
  - Coffee, Hot Tea, Water available
- **9:00am ~ 12:30pm** Program/Lunch

Lunch will be served following the program
(Pasta Bar, Salad & Cookies)

If you have any dietary needs, please contact Paula Schneider at 231-8127

**Registration:**

Return form & check or IDB to Angela Seewald-Marquardt, Dept. 5260 Orientation & Student Success, W. Dining Ctr.

or register & pay online @ www.ndsu.edu/staff_senate

Click on this link to pay online http://tinyurl.com/8ysq3s6

Name _____________________________________________

Dept. __________________________ Phone: ____________

Email ____________________________________________

Payment Method:

- Dept. Purchasing Card or Individual Credit Card (online only)
- Department IDB
- Personal Check (payable to NDSU Staff Senate)

**Registration deadline: Monday, February 13th, 2012**

Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU sponsored programs and events. To request accommodation, please contact Paula Schneider at 231-8127 by Monday, February 13th to make arrangements.

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http://www.ndsu.edu/diversity/equity/