



Employee Assistance Program
Lunchtime Wellness Program



ZUMBA has University Employees Moving!

Zumba fuses Latin dance rhythms and **easy to follow** moves to create a dynamic fitness program that provides body sculpting and toning, while giving an effective and FUN cardio workout. The music alone will get your heart pumping! Zumba's goal is simple: **To want you to want to work out, to love to work out, and to get hooked!**

Instructor: Meighan Carivan-Esmond is a certified Zumba and Nia instructor. For more information on Zumba, go to www.zumba.com.

Fall 2009 Semester Class

Mondays, September 14th – December 14th*
12 noon – 12:45 pm

Campus Center Ballroom

*No class on Sept. 28, & Oct. 12

Class Fee: \$44.00

Make check payable to: Meighan Carivan-Esmond

Deadline to Register & Pay is Wednesday, Sept. 9th

To Register: Contact Brenda Seckerson, EAP Coordinator

Send payment to MSC #200

bseckerson@uamail.albany.edu 442-5483

Or, register online: EAP website www.albany.edu/eap

Employee Assistance Program-sponsored events are open to UAlbany and Research Foundation faculty, staff, family members, GSEU members and retirees.