Quiet Reflection

Music and Art for Relaxation

With quiet music playing in the background, employees will have the opportunity to relax during their lunchtime break while dabbling with a variety of art supplies. Make a collage. Design a greeting card for a loved one. Write a poem. Bring your journal from home and spend time making an entry. Give yourself time for quiet reflection during the middle of your day, and go back to work feeling refreshed and rejuvenated. Facilitated by EAP Coordinator Brenda Seckerson whose background includes training and experience in the use of the expressive arts. This is a DROP-IN session. Stay as long as your schedule permits.

NOTE: If participating in the Olympic Experience Challenge, attending this EAP Lunchtime Program will fulfill the healthy behavior of “spending 20 minutes in meditation/quiet reflection or writing in a journal.”

To Register Contact:
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu
CALL 442-5483
OR ONLINE:
http://www.albany.edu/eap/event_sign-up.htm

Friday, August 3
12:00 - 1:00 pm
Room 375
Campus Center