



HUMAN
RESOURCES AND
EMPLOYEE
RELATIONS

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Memo

To: York Non-Academic Employees
From: Learning and Development and Employee Well-Being Offices
Date: August 31, 2009
Subject: **Wellness @ Work Series 2009**

Learning and Development and the Employee Well-Being Offices, invite you to attend the "Wellness @ Work" series for 2009.

[Stress Relaxation Techniques](#)

Wednesday, September 23, 2009
12-1 pm or 4 – 5 pm
Stong Master's Dining Room

[The Art of Managing Conflict](#)

Wednesday, October 21, 2009
12-1 pm or 4 – 5 pm
305 York Lanes

[Building Bridges of Collaboration](#)

Thursday, October 29, 2009
12-1 pm
Glendon Hall 219 ***

[Adding Humour to Your Life](#)

Wednesday, November 25, 2009
12-1 pm or 4 – 5 pm
305 York Lanes

[Living Well with Stress](#)

Thursday, November 26, 2009
12-1 pm
Glendon Hall 219 ***

Please go to: <http://www.yorku.ca/hr> for session details and registration.
Kindly forward this message to all CPM, CUPE 1356/1356-1, IUOE, and YusApuY staff in your department or post the information where employees will see it. See details on Learning and Development and Employee Well-Being websites.

Thank you.

