

Discover U is a staff development focused workshop organized by Staff Senate of NDSU.

\$20.00 per person

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.

North Dakota State University does not discriminate on the basis of age, color, disability, gender expression/identity, genetic information, marital status, national origin, public assistance status, race, religion, sex, sexual orientation, or status as a U.S. veteran.
<http://www.ndsu.edu/diversity/equity/>

To ALL men and women
staff members...

Feeling a little

'BLAH'

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
Linnaires

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



Chris Linnaires

From head
to
Soul

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.