

Campus Wellness Event



PRESENTS

The Whole Life Balance

Life is a continual dance of energy. All of our life processes depend on how we manage energy which can flow freely through the body- mind or become distorted. The whole life balance offers an integrated overview of the twelve areas that comprise the Wellness Energy System. The harmonious balance of these life functions results in good health and well-being.

Speaker Catherine Schaeffer

Catherine Schaeffer is an Associate Professor of Dance with academic Specialties in Holistic Health and Kinesiology. She holds international certifications as an Registered Somatic Movement Therapist and Educator as well as being a licensed massage therapist. As well as being a professional dance and choreographer, Ms. Schaeffer is an avid yoga practitioner who affirms integration of body, mind, and spirit in her teaching and life.

Friday, April 4th,
12:30 to 1:30 p.m.

Palms Faculty/Staff Dining Room

Enjoy a special buffet lunch for \$6.95, or a meal plan swipe.

Space is limited to the first **25** attendants.

Please RSVP by calling 259-5105
or online at www.valdosta.edu/finadmin/training

Menu

Greek Salad
Balsamic Roasted Chicken
Penne with Sundried Tomatoes
& Black Olive Sauce
Honey Glazed Sweet Potatoes
New England Trifle

