

# Campus Wellness Event

## **DINE & DISCOVER PRESENTS**

### **Wellness for Caregivers: Combating Multi-role stress**

In this session multi-role stress will be described within the context of care giving for others of all ages, and the requirements and expectations of the workplace. Wellness Approaches to multi-role stress that are supported by quantitative and qualitative evidence will be discussed and resources will be provided for participants.

#### Speaker

**Dr. Diane Holliman**, MSW is an Associate Professor in the Division of Social Work at Valdosta State University. Her teaching and research areas of interest are policy, human behavior and the social environment, health and wellness.

**Join us Friday, April 3, 2009**

**from 12:30 to 1:30 p.m.**

**in the University Center Cypress Room**

Enjoy a special buffet lunch for \$7.49, or a meal plan swipe.

**RSVP by Wednesday, April 1** (15 people needed to have event).

Calling 259-5105 or online at [www.valdosta.edu/finadmin/training](http://www.valdosta.edu/finadmin/training)

#### Menu

**Chef Salad**

**Broiled Salmon (lemon & dill)**

**Spinach & Sundried Tomato Pasta**

**Green Beans with Almonds on the Side**

**Berry Parfait**

**Tea & Water**