

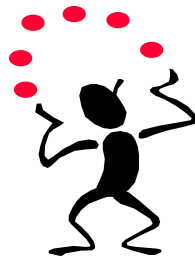
CLAREMONT EAP



*The Skyline College Classified Council invites you to attend its
Spring Mini-Retreat:*

JUGGLING ACT: OVERVIEW OF WORK/LIFE BALANCE

Everyone needs to balance the demands of work, family, friends, personal interests, community activities and, of course, self. Often the burden becomes too great, leading to job burnout and overall life stress. Learn how to manage your time to maximize professional and personal fulfillment.



- TIME:** Lunch (provided) 12:00 - 1:00
Workshop 1:00 - 2:00
- DATE:** Friday, April 12, 2013
- LOCATION:** Skyline College Room 6202
- CONTACT:** Linda Allen, x4123, allen@smccd.edu

Please RSVP to Linda Allen by April 3rd

*If you are planning to attend the retreat, you must complete and submit a
CONFERENCE ATTENDANCE APPROVAL FORM signed by your supervisor.
Please send the approval form to Linda Allen by **April 8th***