



Stress Management Workshop Set for October 4

Camarillo, Calif., September 26, 2006 - California State University Channel Islands, the Camarillo Health Care District, and HeartMath invite the public to join the University faculty and staff in participating in "Transforming Stress," a half-day stress management workshop Wednesday, October 4, in Salon A on campus. Participants may attend either of two sessions, one from 8 a.m. - noon or one from 1 to 5 p.m.

Kim Allen, training director of HeartMath, an organization devoted to the research, understanding, and relief of stress, will discuss the physiology of stress, how to maintain creativity and performance, how to reverse the impact of stress quickly in stressful situations, and how to facilitate a work-life balance and prevent burnout.

The cost is \$145 per person for community members to attend a session. **(Note: the event is free to faculty and staff.)** Groups of two or more receive a discounted rate of \$99 per person. A continental breakfast is included in the morning session and snacks in the afternoon session. Courtesy parking will be provided but participants are encouraged to park at the Lewis and Ventura Road Metrolink Station and take a shuttle to the campus. Follow signs to event location..

To sign up for "Transforming Stress," call Colleen Bennett, CSUCI Human Resources manager, 805-437-8846, or Art Flores, CSUCI Human Resources consultant, 805-437-3136.