



Human Resources is kicking off the Spring season with our Brown Bag Luncheon series. These Brown Bag Luncheons are designed to relieve stress, focus on self, and learn something new and informative.

Thursday, March 5, 2015 -Staten Island Breast Cancer Initiative (SIBCRI)

Catherine Putkowski-O'Brien, LCSW, will provide employees information about early detection, self-breast exams and warning signs.

Location: Building 1A, room 308

Time: 12:00 p.m. to 1:00 p.m.

Please RSVP to humanresources@csi.cuny.edu by March 2, 2015.



April 20, 2014 - Yoga and Meditation Workshop

Barbara Hansen, RYT, RM and Linda Colon, RYT, CPT will provide employees information on how to increase vitality and well-being through yoga and meditation. Learn how to reduce stress, improve digestion and become healthy and whole.

Location: Bldg 1C-Green Dolphin Lounge

Time: 12:00 p.m. to 1:00 p.m.

Please RSVP to humanresources@csi.cuny.edu by April 14, 2015.

****Limited to the first 25 respondents****



May 12, 2015 - What is a Holistic Lifestyle?

Barbara Maida, Holistic Health Counselor and Nutritional Educator, will talk about what body, mind and spirit are to a holistic lifestyle. Incorporating simple things like, a healthy diet for your body, appreciating your body as it is, and developing a meditation or spiritual practice in your life.

Location: Building 1A, room 308

Time: 12:30 p.m. to 1:30 p.m.

Please RSVP to humanresources@csi.cuny.edu by May 6, 2015.



Please feel free to bring your lunch. Space is limited, and reservations are required.

Sponsored by the Office of Human Resources