

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.

**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](mailto: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**