

Greeting colleagues,

The start of the semester can be a stressful time for students and employees alike. We are pleased to provide three opportunities to join a Mind-Body Skills Group as well as an invitation to join a Mindful Book Club starting Wednesday.

For those who may not be familiar, ACM has a decades long partnership with The Center for Mind-Body Medicine, and Mind-Body Skills Groups are their signature model of self-care and group support. Participants learn simple, evidence-based tools to help manage stress in a supportive small group environment. Unmanaged stress can have a negative impact on your physical and mental health. Although adding one more thing to your plate may seem like the opposite of reducing stress - those who participate consistently tell us they have more energy to tackle the rest of their week BECAUSE they've made time to participate.

Although groups are now \$149, these offerings are FREE for ACM credit students and EMPLOYEES!

There are two **ZOOM** groups options:

- Facilitator Theresa Stahl will be hosting a group from [2-4PM on Wednesdays starting 9/27](#) (be sure to check out the invitation to Theresa's FREE book club starting Wednesday below)
- Susan Morris, will be hosting an online group on [Monday evenings from 6-8PM beginning October 2nd](#).

And one **in-person** option which is part of our new pilot of a condensed Mind-Body Skills experienced based on ACM's long running 1-credit course, IH101.

- Laurie Marchini and I will be facilitating this pilot which runs [Sunday October 22nd from 1-8PM and Monday, October 23rd from 9AM-5PM](#) in the ACM Serenity Room (H-58).

Once registered, your facilitator will reach out to schedule a brief introductory call and answer any questions prior to the start date. However, you are welcome to [learn more about Mind-Body Skills Groups](#) here.

Again, there is no cost for ACM employees or credit students to attend any of these groups and you can click the links above or [register by selecting the group of your choice here](#). **Please share with students who may be interested.**

Theresa Stahl will also be facilitating a book group on her recently published book: [I'm Full: Remindful Eating Tips to Feel Great & Make Peace with Your Plate](#). The online book club will meet on the 2nd and 4th Wednesdays in September and October, from 7-8PM. The 2nd Wednesday is 9/13 - this week!

Although there is no cost to attend and advance reading of the book is not needed, you must [register in advance](#) to receive the ZOOM link. Theresa will lead a discussion as she shares her favorite tips learned over 30 years working as a registered Dietitian as well as mindfulness tips learned through The Center for Mind-Body Medicine. Her book is an enjoyable and quick read and Theresa has graciously opened this opportunity to ACM employees.



[Welcome! You are invited to join a meeting: ACM/CRN Mindful BOOK CLUB. After registering, you will receive a confirmation email about joining the meeting.](#)

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zoom.us

If you have any questions about any of the above, please don't hesitate to reach out to me. I hope to see you at the first book club session on Wednesday!

Warmly, Kathy



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