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](mailto:). 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](mailto:) 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.

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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