

Two great topics are offered as part of Lifelong Learning next week.

The first focuses on common life stressors and offers useful strategies and methods that can be incorporated into one's lifestyle to manage it more effectively. The second session offers an introduction to a world heritage site that at once had more than 200 related buildings scattered over 110,000 miles of New Mexico.

SIUE faculty, staff and students may attend the presentations for FREE. The cost is \$5 for the public.

"Stressed is DESSERTS spelled backwards!" will be presented by Jodi Seals, Ed.D., assistant director for First Year Communities, University Housing

10:30-11:45 a.m.

Wednesday, Sept. 14

Morris University Center, Hickory/Hackberry Room

"Chaco National Monument, New Mexico: A World Heritage Site" will be presented by Theodore Frisbie, PhD, anthropology professor emeritus

1:15-2:30 p.m.

Wednesday, Sept 14

Morris University Center, Hickory/Hackberry Room

For more information, please visit siue.edu/educationaloutreach and click on Lifelong Learning, or contact Patty Bade at pbade@siue.edu, 650-3985.

We welcome your comments, questions and participation in the programming.