Presented by:

Virtual Employee Appreciation Week

June 21, 2021–June 25, 2021

In recognition and thanks to the staff and faculty, we are kicking off our employee recognition series with a week of virtual activities for Virtual Employee Appreciation Week. The activities will allow you to relax and recharge during your workday. There are also chances to win prizes for participating in planned activities.

**Jazz It Up | June 21st | 12:00 – 12:45 pm & 4:00 – 4:45 pm**
Join us for the smooth sounds of saxophonist Donald Braden (22 albums) and guitarist Dave Stryker (28 albums). They have led their own bands and toured with jazz masters such as Freddie Hubbard, Betty Carter, Wynton Marsalis, Stanley Turrentine, “Captain” Jack McDuff and others.

**Accupressure and Visualization for Stress Relief | June 22nd | 11:00 – 11:45 am**
Learn the touch techniques and mindfulness exercises we all can use to reduce instances of stress relief anytime and anywhere.

**Mindfulness – A moment to Renew and Recharge | June 22nd |3:30 – 4:15 pm**
Practice mindfulness to bring your awareness back to the present, offering an opportunity to reenergize and achieve greater clarity and intention.

**Singing Bowls | June 23rd | 12:00 – 12:45 pm**
Experience the soft sounds of the bowl that act on the energy field of your body. The vibrations of the bowl has a calming effect on the body.

**Restorative Evening Yoga: Unwind and Relax | June 23 & 24th | 3:30 – 4:15 pm**
Use yoga to unwind at the end of your workday and prepare to enjoy your evening.

**Stretch and Reset at your Desk | June 24th | 12:30 – 1:15 pm**
Take a break and reset mid-day with stretches that focus on your hands, wrists and ways to calm your mind.

**Drum and Flow | June 25th | 4:00 – 4:45 pm**
An experience like no other. A cross between yoga, exercise and dance class. You will experience a journey through transcendent, meditative tones and upbeat dance music from the drum accompaniment.

**Selfie Bingo:**
A twist on the fan favorite. Win by taking selfies doing various activities to get B-I-N-G-O.
Submit your bingo cards and selfies to be entered into the raffle. Get B-I-N-G-O Card here

All Staff and Faculty are welcome to attend