

# Worklife Balance: Advice from the Pros

11:30 a.m.-1 p.m., Wednesday, Nov. 19, 2008

Emerson Alumni Hall

\$12 for AAW members or new members with completed membership application (available at the door or online); \$15 for non-members. Seating limited. RSVP BY FRIDAY, Nov. 14, to Joyce Adams: jadams@dce.ufl.edu or 392-1711, ext. 215.

Is balancing your professional and personal life wearing you down? Attend this informative luncheon presentation to help avoid stress and learn how to cope with the often conflicting demands of the workplace and personal obligations while making time to take care of your most important resource: yourself. There will be time for questions and answers following the presentations.

- **Ruth Hernandez, Training Coordinator, Human Resource Services - Training and Organizational Development**
- **Suzanna Smith, Ph.D., Associate Professor, IFAS - Department of Family, Youth and Community Sciences**

Lunch includes soup; subs, croissants, wraps and specialty breads, halved and quartered for a mix-match variety, with turkey, ham, roast beef, tarragon chicken salad, tuna salad, pepperoni, salami and vegetarian selections; salad; and fresh-baked double chocolate brownies.

2008-09 AAW Board: President Debra Amirin, President-Elect Dr. Rebecca Rainer Pauly, Advisory to Higher Administration Paula Fussell, Program Chair Isabel Silver, Treasurer Lori Driscoll, Publicity Chair/Webmaster Laurie Taylor, Historian / Parliamentarian Dr. Carol Kem, Past-President Cheri Brodeur.



The University of Florida Association for Academic Women (AAW) provides opportunities for women faculty and professional staff to network and enhance their knowledge about the University of Florida and their work environment.

AAW programs are also open to non-members, though members are offered the opportunity to reserve a seat before each event is opened to others. Members also can take advantage of reduced prices for functions where a charge is involved. You may join at any time by sending in your membership form (available on the Web along with updated program information at <http://grove.ufl.edu/~aaw/index.shtml>). Our modest \$25 annual dues are used primarily for fellowships to female UF doctoral students.