



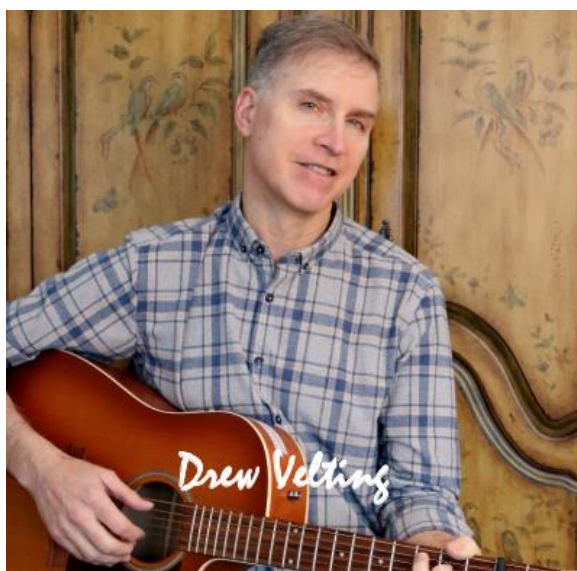
The NCLA Continuing Education Committee Presents . . .

Are You Out of Your Mind?

Mindfulness in the Workplace and Beyond

A Presentation by Drew Velting, musician and clinical psychologist.

Tuesday, April 30th, 2019, 9:30 AM – 11:30 AM
Nassau Library System, Andrew Geddes Room 900
Jerusalem Avenue, Uniondale 11553



An introduction to mindfulness, what it is, how and where it can be applied, and why it is of value. A brief musical presentation to follow.

2.0 Contact Hours (.2 CEU) will be awarded to those completing the time period.

\$5 for N.C.L.A. and S.C.L.A. members and M.L.S. students, \$20 for all others. Make checks payable to N.C.L.A. Any questions should be addressed to Peter Cirona, committee co-chair, by email pcirona@massapequalibrary.org or phone, 798-4607 x 6302.

REGISTRATION FORM (Check off those that apply, enclose fee, and return form to:
The Massapequa Library, 523 Central Ave. Massapequa, NY 11758, c/o Peter Cirona, Committee Co-Chair):

MAKE CHECKS PAYABLE TO N.C.L.A. – REGISTRATION DEADLINE – FRIDAY, APRIL 26TH

Name: _____ Library: _____
Telephone No.: _____ Email Address: _____
N.C.L.A. member (\$5) _____ S.C.L.A. member (\$5) _____ M.L.S. student (\$5) _____ All others (\$20) _____