



UUP Health & Safety Committee Fall 2009 Workshops for all UUP members

*Note: Please contact
UUP Health & Safety
Committee Chair,
Ed O'Connell,
for further information
at 632-6570
Or email Edward.Oconnell
@stonybrook.edu*

RSVP to Corinne
Burns at 2-6570
or email
cmburns@notes
no later than 5
days before the
event.

**UNITED UNIVERSITY
PROFESSIONS**

104 Old Chemistry
SUNY Stony Brook
Stony Brook, NY 11794-3475
631-632-6570

September 17, Thurs., 12 –1:00 p.m. Location: WSCC, 118 Old Chemistry

THE IMPORTANCE OF FIRE SAFETY AT HOME AND AT WORK

Presenter Scott Gershowitz, EH&S Fire Marshal – live demos with Fire Extinguishers, hand outs, fire safety tips at home and at work plus give-aways. Q & A period to follow. Lunch will be served. RSVP to Corinne at 2-6570.

October 21st, Wed., 12 –1:00 p.m. Location: WSCC, 118 Old Chemistry

My office is a pain in the neck! Do you have back pains, carpel tunnel syndrome, eye strain. Come and learn the importance of ergonomics in an office setting and find out what you can do to alleviate your stress. Presenter: Lou Mancuso, EH&S Manager of Occupational Health and Safety. RSVP to Corinne at 2-6570.

November 18, Wed., 12 –1:00 p.m. Location: Wang Center Room 101

What's lurking behind my walls. Indoor Air Quality is vital to everyone's health and well being. Breathing mold, asbestos, lead, formaldehyde and other harmful toxins can be affecting your overall health. Kevin Tumulty, EH&S Manager of Industrial Hygiene, will discuss ways to improve your environment. RSVP to Corinne at 2-6570.

December 9, Wed., 12 –1:00 p.m. Location: Wang Center Room 201

IN THE EVENT OF A DISASTER... Emergency Preparedness at SBU

Lawrence Zacaese, Director of Emergency Management, will cover topics involving SBU Emergency Management as part of the campus's ongoing emergency preparedness efforts plus personal safety do's and don'ts. Come to this workshop and gain valuable news, instructions and information. Q & A period to follow.

Red Dragon Labyrinth Walking:

Pathway to Stress Management & Improved Performance

LOCATION: STONY BROOK'S RED DRAGON LABYRINTH

Take a break from the stress of modern life by going back a few thousand years. People are discovering anew that walking the concentric circles of ancient labyrinths can create inner peace and healing. UUP invites you to join Labyrinth Builder, Ed O'Connell, for a refreshing introduction to the Red Dragon Labyrinth as a walking meditation practice. Contact Corinne for Red Dragon directions.

September 24th, 12:00-1:00

October 22nd, 12:00-1:00

November 12th, 12:00-1:00

December 17th, 12:00-1:00

