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University Newsletters

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News and Events

CPR Recertification

A recertification course for CPR (Health Care Provider Card) will be offered on Wednesday, May 13, from 1 to 4 p.m., in the Nursing Lab, C3358. The course is open to students, faculty, and staff who previously earned a HCP-CPR Card, which is either current or recently expired.

If there is enough interest, initial courses in HCP-CPR, Heartsaver AED courses for either adult or infant/child (non-professional level), and/or a recertification class at a different time will be offered.

For more information or to register, contact [Martha Gainer](#) at ext. 4042.

Belly Dance Lessons Begin Today

Join the fun and shake off the pounds in Belly Dance classes sponsored by the Recreation and Fitness Center. Instructor, Miss Taj, will lead class on Wednesdays, May 11 through June 3, from noon to 1 p.m., at the Recreation and Fitness Center. The fees are only \$5 for students and \$15 for non-students. Space is limited.

Belly Dance lessons are the first in Recreation and Fitness Center's Ethnic Dance Series. For more information or to register, call 708.534.4556.

HLC Accreditation Open Meeting

The HLC 2009 Committee, co-hosted by Eric Martin and Ann Vendrely, invite the university community to an open meeting on Thursday, May 14, from 10 to 11 a.m., in room F1622. The committee will update the GSU community on preparations for HLC reaccreditation site visit. The meeting agenda includes updates on all five HLC criteria and the writing process.

Drafts of the Introduction and Chapter One of the Self-Study are available for review on the [GSU HLC 2009 website](#).

Friends Meeting

The meeting of the Friends of the GSU Library on May 13 has been cancelled. The next meeting is on June 10, at noon, in the Library Administrative Conference room.

Civil Service Scholarship Deadline

The deadline to submit applications for the Civil Service Scholarship has been extended to May 15. Eligible scholarship recipients include Civil Service employees, their spouses, and dependent children.

Contact [Diane Jones](#) at ext. 7470 to apply or with questions.

Beach Body



GSU's Recreation and Fitness Center will help you lose weight and get in shape this summer. The center is offering a wide array of courses including Latin Dance, Bellydancing, Yoga, Martial Arts for self Defense, Self Defense for Women, Personal Training, Next Level Fitness, Pilates Mat, Fitness Yoga, Aerobics, Fitness Boot Camp, Beginning a Workout Program, and Total Water Exercise.

For full course descriptions and details, visit the [Recreation and Fitness Center website](#) or call ext. 4556.

Exploring the Spiritual

David Matteson, COE Professor Emeritus in the Psychology and Counseling Division, will discuss his book, *Exploring the Spiritual: Paths for Counselors and Psychotherapists*, on Wednesday, May 27, from 6 to 7:30 p.m. in the Cafeteria Annex. Light refreshments will be served.

Enter a drawing to win a copy of *Exploring the Spiritual* by sending an email with "Matteson Book" in the subject line to [Diane Dates Casey](#), by May 20 at 5 p.m.

Eat Right, Feel Great

It's no secret that eating well is essential for good health. GSU will offer Weight Watchers at Work from June 3 through September 23, in coordination with the *Let's Get Fit* program.

An informational meeting will be held on Wednesday, May 20, from 12:30 to 1 p.m., in room F1603. The program also includes complimentary, confidential weigh-ins.

The program requires 20 or more participants to commit to a 17-week session, so bring your friends.

Impact Deadline Extended

Since 1969, GSU has touched tens of thousands of lives. To commemorate and record the positive impact and enduring memories of GSU, community members, alumni, students, retirees, or employees are asked to put their fingers to keyboards and record their stories.



Share the positive impact GSU for featuring on the posting on the 40th Anniversary website or, if chosen, for the commemorative publication, Impact.

The submission deadline has been extended to June 1. Electronic submission should be sent to writingcompetition@govst.edu. No graphics please. Entries should be submitted as Microsoft Word documents only.



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