

# Positively Positive at Work!

With guest speaker *Melissa Scheid Frantz*



Thursday, **January 18, 2018**

Noon – 1pm

Campus Center, Room 904-08

Research on the science of happiness has shown that we perform our best when we are in a positive state of mind. So, how can we latch on to positivity at work? Come join us for a presentation by guest speaker, **Melissa Scheid Frantz**, and learn strategies on how to increase your focus on positivity instead of stresses at work.

~Menu~

**Baby Spinach Salad\* Sunflower Bread\* Naples Braised Beef with Rigatoni Pasta\* Hot Vegetable (TBD)\*  
Mini Cannoli's and Fruit Tartlets\* Coffee/Tea**

(If you have **diet restrictions**, please contact Van at [vkeh@admin.umass.edu](mailto:vkeh@admin.umass.edu) before January 12 and she will do her best to accommodate.)

Please **RSVP** to **Glenda Pons**, UWN Co-Chair, [gpons@ehs.umass.edu](mailto:gpons@ehs.umass.edu) by **Friday, January 12<sup>th</sup>** at 5pm.

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## How to Pay

For online **credit card** registration, go to:

[https://quikpayasp.com/umass/commerce\\_manager/payer.do?orderType=UW](https://quikpayasp.com/umass/commerce_manager/payer.do?orderType=UW) Choose either UWN Dues, Member Lunch, or Non-Member Lunch.

For **cash or check** registration (make checks payable to *UNIVERSITY OF MASSACHUSETTS*), send this portion of the form along with your payment to: **Glenda Pons, Environmental Health and Safety, 117 Draper Hall** [gpons@ehs.umass.edu](mailto:gpons@ehs.umass.edu). You will receive an email confirmation when your payment has been received.

Please check your option(s):  Member Lunch (\$12.00)  Non-Member Lunch (\$15.00)  
 Membership Dues (\$25.00)

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Dept. / Campus Address: \_\_\_\_\_ Phone #: \_\_\_\_\_