

Relax yourself...

*In November, learn how to relax,
and help others do so!*

The Recreation Center is offering 2 sessions of Massage training.

On November 9, come to the Craniosacral Therapy and Lymphatic Drainage Massage and learn the ancient arts of healing the mind, body and spirit.

On November 17, Discover Tuina, a complete system of healing that uses massage and manipulation to harmonize the body and mind.

Come and discover another side of the Rec Center. It's not only for big muscles!



...and in music!

For those who don't know it yet, or those who don't even know that we have an awesome music department, open your eyes! (And your ears!!). This month, the Music Department is offering a wide series of performances, from chamber music to jazz .

Student recitals, Wilmington's Symphonic Orchestra, Jazz Combos, ...Discover what that music you don't necessarily listen to everyday can bring you!

Look for the music note all across our calendar to find those events.

Kenan Auditorium will be hosting the events, contact the Box Office for tickets.

For more information, contact the Music Department, at 962-3390



Career Services in November

Need help finding a job?

Need help improving your resume?

The Career Services are hosting 4 events this month, and no matter what your major is, be sure to attend them for some advice about the work world. Meet employers at the job fairs, learn more about how to find information about employers or have your resume reviewed. Our Career Specialists are at your service for any kind of help you might need.

Internship & Job Fair 2004
Wednesday, November 3
WCB - 11am to 2pm

Visit with approximately 75 organizations for internship and job contacts..

**& INTERNSHIP,
& JOB FAIR**

Nursing Career Fair 2004
Monday, November 8
WCB - 11am to 1:30pm
A special job fair featuring hospitals and other nursing employers.



CSI: Career Search Information
Wednesday, Nov 10

UU Living Room, 10am to 3pm

How do I find employers for internships or jobs in a specific city or industry? How can I find out more about targeted employers? Drop by to develop your own employer list, and take home a CD with this personalized employer database. Info available on job interviewing too.

The Resume Doctor Is In
Tuesday, November 16

Walk-in clinic hours: UU Living Room, 10am to 4pm.

A free resume check-up; cover letters too. Get a resume face-lift while you wait!

