

You are invited to **Fall 2016 Focused Flex:**

Together WE'RE BETTER

Building Community @ LMC

Wednesday, August 10, 2016

8:30 a.m. to 3:15 p.m.

L109

We live in an incredible world - with multiple demands on our time and attention.

And the more incredible it gets - and the busier we get - the more challenging it becomes for us to feel valued and to connect with each other in ways that can enhance our work with students and our relationships with each other.

Together, we truly ARE better!!

**Please join us
for a day
designed
for you to:**

- Feel valued and more connected with each other
- Gain knowledge and experiences in community building
- Identify ways to enhance and maintain an inclusive LMC community
- Have fun while working together

All members of the LMC Community are encouraged to be a part of this day.

*We hope that you will join us
as it won't be the same without you!*

Register NOW at

<https://insite.4cd.edu/workshops/default.aspx?workshopid=7660>

For additional information please contact
Mary Oleson in the Office of Equity and Advancement, ext. 37316

Morning refreshment and lunch will be served.

A Special Focused Flex Opportunity

Is lip-syncing one of your hidden talents? Want to share?
We need YOU and YOUR TEAM to perform at this FLEX day.

Sign up with Erlinda Jones at ejones@losmedanos.edu.

Keep an eye out for her email with more information.

**LOS MEDANOS
COLLEGE**