

Upcoming community partner training:

A Path to Optimal Health and Well-Being

Tuesday, November 27, 2018, at 1 P.M. | Auburn Chamber of Commerce



On **Tuesday, November 27 from 1:00–2:30 P.M.**, The Office of Public Service and AuburnServes will be hosting a community partner training entitled **A Path to Optimal Health and Well-Being** at the Auburn Chamber of Commerce, located at 714 E. Glenn Avenue, Auburn, AL 36831.

Presented by Reita Clanton (pictured left), the session focuses on practices to help us cultivate greater mind-body awareness and draw on our inner resources to create a more balanced life.

Reita Clanton is the Coordinator of Performance and Health Optimization in the School of Kinesiology at Auburn University. She teaches Performance Based Stress-Reduction to undergraduate students, and conducts seminars on Optimal Health and Well-Being. She is a 1984 Olympian, a member of The Tiger Trail of Auburn and The Alabama Sports Hall of Fame.

Faculty, staff and non-profit agencies are invited to attend. Seating is limited; Contact Whitney lee, wcl0011@auburn.edu (mailto:wcl0011@auburn.edu) to

reserve a seat.

This event is free and open to the public.

Last Updated: November 14, 2018