



Pittsburgh Chapter of the Special Libraries Association

Kevin Henry M.Ed, L.S.W
Bereavement Coordinator - Forbes Hospice
will present on

Mindful Meditation

Come Discover the Benefits of Meditation as a Technique for Stress Management

DATE / TIME:
February 28, 2006 (Tuesday)

LOCATION:
Alexander's Pasta Express
5104 Liberty Avenue - Bloomfield

5:30 pm - Registration & Socializing
6:00 pm - Dinner
7:00 pm - Presentation & Dessert

Enjoy the Alexander's Dinner Buffet, including:

Chicken Scaloppini (*mushrooms, onions and sweet peppers in a white wine sauce*)
Rigatoni with Tomato Sauce
Meatball & Hot Sausage
Eggplant Parmigiano

Garden Salad - Italian Rolls

Coffee and Tiramisu
(Cash bar will be available)

Door prizes will be awarded!

COST:
Members \$25 | Students \$15 | Guests \$30

RSVP by Friday - February 24, 2006 required to
Rachel Callison - Software Engineering Institute Library
callison@sei.cmu.edu - 412. 268. 7725

Cancellations must be received before the RSVP deadline.
The Chapter is obligated to pay for all meals as arranged on the deadline date.

Please send your check to: Sallie Smith, SLA-CPIT Treasurer
P.O. Box 1266
Mars, PA 16046

Make checks payable to: Pittsburgh Chapter, SLA