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## News Release

**April 6, 2007**  
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### **NMCC and PIACC to sponsor administrative professionals conference April 26**

**Aroostook County** - Northern Maine Community College and the Presque Isle Area Chamber of Commerce will together sponsor a day-long conference dedicated to rewarding, refocusing, and energizing the professionals in the office on Thursday, April 26, between 9:00 a.m. and 4:00 p.m. in the Edmunds Conference Center at NMCC.

The Administrative Professionals Conference, held during the week set aside each year to honor the individuals who truly make the office run, is part of NMCC's "Awesome April: A Celebration of Community College Month."

Activities featured at the event will include presentations and workshops designed to take care of the body and mind, as well as to provide a touch of pampering.

"We want to create an environment where professionals can come and be re-energized. This event has been well-received in the past, and we have added a few new touches this year that are sure to please," said Ryan Bushey of NMCC's continuing education. "We encourage employers to consider offering this conference to their office workers. It will not only serve as a 'thank you,' but also a valuable professional and personal development opportunity."

The conference will include a keynote presentation entitled "Living, Loving, Working and Being Well," presented by Linda Rowe, creator of the Mindfulway Center for Stress Reduction and a partner in the Five Elements Healing Arts Center in Houlton.

Rowe will facilitate a session on bringing out the best in your life by living healthy and happy. She has been practicing yoga for over twelve years and has been teaching for over eight years.

Rowe's presentation will incorporate her varied experiences with yoga to deliver a hands-on session inviting participants to feel the difference in body and mind when experiencing mindfulness-based stress reduction.

Aside from Rowe's presentation, the workshop will feature sessions on digital photography techniques, tips for MS Office users, the health benefits of chocolate, facials by Bath and Body Works, massage and new hair care products by The Total Look, and aromatherapy and papaya paraffin hand treatments.

Additional conference perks will include a four-course meal for lunch complete with decadent desserts and afternoon tea and cakes by Heidi's Tea Shop. Participants will each receive a gift bag and be eligible to win valuable door prizes.

Cost for the day-long conference, including all meals, snacks, and perks is \$89. For more information or to register, call the NMCC continuing education division at 760-1155.

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