



Breathe through Stress: FREE workshop open to students and staff on Thursday, March 15, VLH 117 from noon - 1:00 p.m. Learn tips and techniques to recognize and react to stress to find safe and healthy ways to release tension in the moment. Led by Paige Trisko, registered yoga teacher-500, advanced therapeutic yoga and functional movement instructor. For questions or to reserve your space at the workshop, call 989.358.7329 or email triskop@alpenacc.edu. No special materials or clothing necessary. Come as you are.

Recovery Yoga: An alternative pathway to substance addiction and healing trauma with adjunct instructors Desiree Nowaczyk and Paige Trisko. Fridays from 10:30 - 11:30 a.m. in BTC 201 (upstairs across from the Lumberjack Shack). Classes will continue through May 11 for the semester; no class on Fridays, March 2 or March 30. All abilities, shapes, and sizes are welcome. Yoga mats and props are provided. Questions, contact yoga.w.paige@gmail.com or find Recovery Yoga Alpena on Facebook. This FREE class is sponsored by the Give Back Yoga Foundation and Gaiam.

College Transfer Representatives on ACC Campus

University transfer reps will be available to meet with interested students & staff in the Besser Technical Center (outside Bookstore unless otherwise noted) **Please note:** The following campus visit for SVSU has been changed to the below date and time.

- Saginaw Valley State University – Monday, April 9, 10:30am-1:30pm

ACC Bookstore is open Mondays through Thursdays 8:30am–5pm, Fridays 8:30am–2pm.

Stephen H Fletcher Library Mondays – Wednesdays 7:30am to 8pm; Thursdays 7:30am to 5pm; Fridays 7:30am to 4pm; Saturdays & Sundays 12pm to 4pm. Contact the library for information on requesting special hours or sessions. Renew your library books by phone (989) 358-7252 or on the website.

Fredrick T Johnston Wellness Center Available to all enrolled students at no additional charge. Moving your body is good for your mind. Monday-Thursday 6:30am-7pm; Friday 6:30am-2pm; Saturday 8am-1pm.

Testing Center Mondays 11am–3pm, Tuesdays 3–7pm, Wednesdays 8am–12pm, Thursdays 2–6pm, Fridays 9am–1pm. Hours are subject to change, call ahead to make an appointment whenever possible. Photo ID required for testing. Contact Beth Matzke at (989) 358-7209 or matzkeb@alpenacc.edu, VLH 122.

Huron Shores Student Services Center, Testing Center, Computer Lab

Mondays 10am-6pm, Tuesdays 11am-1pm & 3-7pm, Wednesdays 12:30-7pm, Thursdays 11am-1pm & 3-7pm. Be proactive with your testing needs: make appointments in advance, allow ample time for testing, and bring your picture ID. Computer space is limited and hours may occasionally vary. Contact Patrice Billiel at (989) 358-7445 or billielp@alpenacc.edu. HUSH Room 206.

DID YOU MISS THE DEADLINE TO APPLY FOR GRADUATION? It's not too late. Applications are still being accepted for Spring 2018 Graduation. If you are completing a degree or certificate program this semester, please be sure to complete a Request for Graduation form. You can apply through your WebAdvisor account using the "Application for Graduation" link. If you prefer, the form can be picked up at Campus Services (VLH 108) or at Huron Shores. If you applied for an early graduation audit, you need not submit another application. If you have questions, contact Lori Dzieszinski, Registrar, in VLH 108 or call 989.358.7353.



Community Education upcoming events(Spring 2018):

Grant Writing 101:

March 7, 14, 21 (Wednesdays)	11:30a.m. - 1:30 p.m.	Fee \$90 (includes lunch)
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Beginning Excel Overview:

March 14, 21 (Wednesdays)	5:30 p.m. - 7:30 p.m.	Fee \$55
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Fly Fishing:

March 20 - start date (5-week session)	6:00 p.m. - 9:00 p.m.	Fee \$65
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Personalized Weight Loss by Body/Blood Type:

March 22 (Thursday)	5:00 p.m. - 7:00 p.m.	Fee \$30
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Tex-Mex Cuisine:

March 27 (Tuesday)	5:30 p.m. - 7:30 p.m.	Fee \$25
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Intermediate Excel:

March 28 & April 4 (Wednesdays)	5:30 p.m. - 7:30 p.m.	Fee \$55
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Creative Cake Decorating for Easter:

March 29 (Thursday)	5:30 p.m. - 7:30 p.m.	Fee \$25
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"The Velveteen Rabbit":

March 29 (Thursday)	6:00 p.m. - 8:00 p.m.	Fee \$40 (includes materials)
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