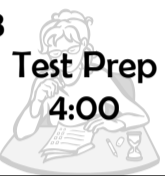


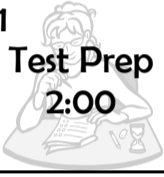
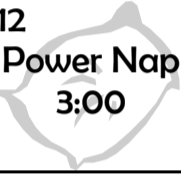



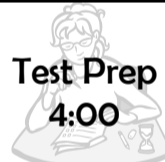



The Peak Performance Training Center

Come check out our programs, and learn mental, psychological, and emotional skills to help you improve performance and manage stress in everyday life

November & December Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Test Prep 4:00 	4 Test Prep 2:00 	5 Test Prep 1:00 	6	7
8	9	10	11 Test Prep 2:00 	12 Power Nap 3:00 	13	14
15	16	17 Communi- cation 4:00 	18 Communi- cation 2:00 	19 Communi- cation 2:00 	20	21
22	23	24	25	26	27	28
29	30	1 Test Prep 4:00 	2	3 Test Prep 1:30 	4	5

Test-preparation Workshop:

Dreading that upcoming exam? Practice using your mind to achieve a relaxed and confident approach to test-taking! Come join us to learn how to clear your mind and focus your energy in order to enhance concentration and maximize your test performance.



Power Nap Workshop

– Nodding off in the middle of the day? Practice using your mind to give yourself a mental jolt of energy to rejuvenate and increase your productivity throughout your day!

Communication Workshop:

Did you know that over 70% of everything we communicate is non-verbal? Learn how to use your mind and body (language) in order to interact with others in an engaging and meaningful way. This workshop will include a discussion that addresses skills needed to communicate clearly and confidently within social, romantic, or professional relationships.



All programs are free, last approximately one hour, and require no prior sign up.

The Peak Performance Training Center is located on the 1st floor of Johnson Hall. Call 758-3880 or e-mail (LUPeakPerformance@gmail.com) for more information.