



50 Acts of Service

Service Project Title	Free Workshop for the Public: How to Live: The Path of Happiness
Date	September 29th
Brief Description	Free Workshop presented by adjunct faculty member, James Kargakos
Full Description	While we often view 'happiness' as some 'coveted destination', it is more accurately a continuous journey, or a way of life. By combining cutting-edge research and timeless wisdom, this seminar will describe the elements of the "happiness lifestyle": It will illustrate how we can mindfully optimize our lives, experience pleasant emotions more frequently, and live a more purposeful and fulfilling existence.
Location	Holden University Center- Room UU119
Date and Time	September 29 th at 10:00 am until 12:00 pm
Contact Person	Dione DeMitro ddemitro@lakelandcc.edu
Web resources	Register Here So long as employees have their supervisors' approval, then reasonable amounts of time away from the regular work assignment to assist with limited, non-recurring, episodic college sponsored service projects does not have to be claimed as benefit time. Employees are encouraged to consider how they might, with supervisory approval, flex their work schedule to accommodate the volunteer activity.