Effective Communication

Join us for the IS Picnic TODAY!

11:30-1:00

Come out and enjoy a fun afternoon and some great food with your co-workers!

We appreciate your participation in this event!

Quick Tips...
For Good Posture at your Desk!

✓ Keep your head in line with your torso (level and bent forward slightly).
✓ Relax your shoulders!
✓ Keep your hands, wrists, and forearms parallel to the floor.
✓ Have your knees resting at the same height as your hips.
✓ Keep feet flat on the floor!
✓ Keep your back rested on lumbar support in your chair.

Today’s Weather:
98° / 70°
Mostly Sunny

IS Daily Events

Transaction Management Team Bi-Weekly Meeting
2:00-3:00
IS Conference Room 130

Today at Brody:

- Fire Alarm Inspection
- Sprinkler Inspection

MSU Swimmers at U.S. Olympic Trials

Michigan State University is sending five current swimmers and one recent graduate to compete for a spot on the U.S. Olympic Swim Team! Trials will be held in Omaha, Nebraska next week! Good luck to those swimmers!

Healthwise is an online health database brought to you by MSU’s Health4U! Check it out for information on health conditions, medical tests, medication, and general health and lifestyle tips. Click on the link below or the Healthwise icon above!

Healthwise