What are reasons one might want to schedule a meeting with EAP?

- Managing personal and job stress
- Addressing anxiety and depression
- Managing life change/transitions effectively
- Improving communication with co-workers and family members
- Addressing alcohol and substance abuse issues
- Resolving marital and partner concerns
- Learning new parenting and care-giver skills
- Providing support through grief and loss

To schedule a meeting call 517-355-4506 or 1-888-280-9478 or email eap@hc.msu.edu

Weekly SIG Meeting
2:00-3:00 PM
IS Conference Room 130

3Mth+ Review
2:00-3:00 PM
IS Resource Room 131

SR Requirements
Prioritization
3:00-4:00 PM
IS Training Room 115

Cheer on the Men’s Basketball Team tonight at 7:00 PM at the Breslin Student Events Center VS. Northwood!

HAZARDOUS WASTE

What is it?
Hazardous waste is any waste that is potentially harmful or dangerous to the environment or health of the public.

Is it in your workplace?
Some examples of hazardous waste include certain paints and solvents, fluorescent lighting, electronics and batteries.

What can I put it?
Please be sure to properly dispose of your hazardous waste according to the RHS Health and Safety Guidelines. Questions? Ask Mel P!

Today’s Weather
41°/37°
Rain
Snow Showers

Spray paint is a hazardous waste.

Bailey GREENhouse Grand Opening!
The Bailey GREENhouse opens today with a celebration showcasing its home grown herbs and greens. The celebration will take place from 4:00 to 6:00 PM on the grounds of Bailey Hall in Brody Neighborhood. The GREENhouse is one of MSU’s many unheated passive solar greenhouses, used to help farmers extend the growing season and increase vegetable, fruit and herb production.

The GREENhouse has already been successful in producing herbs that have been used in meals served at Brody and The State Room. To learn more, click here.

Trunk or Treat
It’s no trick... RHS is treating you! The RHS Celebration Team will be traveling around campus delivering candy to team members from 10:00 AM to 2:30 PM. For a location schedule, to see when you will get your treats, click here!

You don’t have to wait until Halloween to enjoy candy corn, today is National Candy Corn Day! Candy corn has been around for more than 100 years and has never changed in look, taste, or design.

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