Mental Health Monday at Clark College

Even with the holidays behind us, stress can be a problem for many business owners and their employees, especially in a tough economic climate.

To help combat the negative effects of stress, Noel Schweitzer, a licensed clinical social worker, will kick off Clark College’s Mental Health Monday 2010 speaker series on Jan. 11 at noon.

Schweitzer’s topic will be a stress management process she developed called “Mindfulness Based Stress Reduction.” Schweitzer received training in stress management at the Center for Mindfulness at the University of Massachusetts Medical School and the Mind/Body Medical Institute at Harvard University.

The speech will be held in Clark’s Penguin Student Lounge, located in the colleges Penguin Union Building. The event is free and open to the public.

Clark College’s main campus is located at 1933 Fort Vancouver Way, Vancouver. Maps and parking directions are available at www.clark.edu/maps.

For more news briefs, check out www.vbjusa.com

SWMC finalist in Security Awards

Southwest Washington Medical Center was named a finalist in the 2010 SC Awards, presented by SC Magazine, for outstanding achievement in IT security. SWMC security and compliance officer Christopher Paidhrin was also recognized in the Professional Award category.

SC Magazine provides news for IT security professionals. “This year’s finalists in the SC Awards program represent individuals and teams that are at the heart of their company’s security program,” said SC Magazine editor-in-chief Ilene Armstrong.

“We held protecting our patient’s personal information of the utmost importance,” Paidhrin said. “The SC Awards program’s recognition of us as a finalist for the Best Security Team category further validates our IT security approach and is a tremendous honor.”

Winners of this year’s SC Awards will be announced at a dinner and award ceremony in San Francisco on March 2.

CHANCELLOR’S SEMINAR SERIES

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WASHINGTON STATE DEPARTMENT OF COMMERCE

“ACHIEVING WASHINGTON’S INNOVATION ECONOMY: PRIORITIES FOR GROWTH DURING TOUGH TIMES”

Friday, January 15, 11:45 am–1:30 pm

$25 includes lunch, lecture and parking.

For tickets call 360-694-2588 or visit www.vancouverusa.com to register by January 8.

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