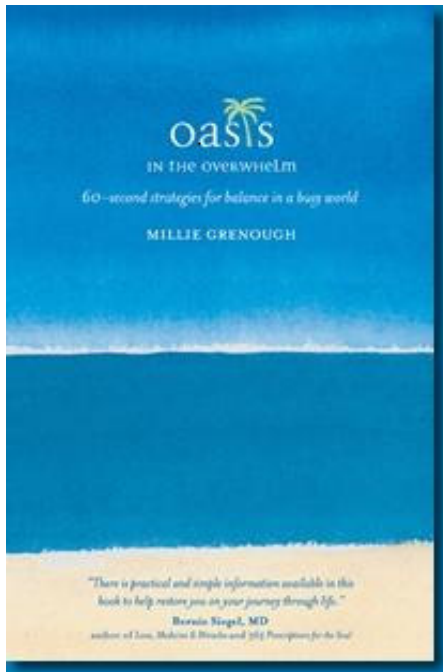


# Special Event: Meet the Author & Book Signing

## Meet Millie Grenough, author of *OASIS in the Overwhelm*

When: Thursday, May 4<sup>th</sup>  
Where: 320 York Street, HGS 211  
Time: Noon-1 p.m.



Millie Grenough, Clinical Instructor at the Yale University School of Medicine, promises:

- you can learn the OASIS strategies in one hour or less
- you can use the strategies immediately in your daily life at work and at home
- the strategies really do take only 60 seconds each

\*A copy of the book will be available for purchase at the event

## Find balance and enjoyment in your life!

Seating is limited: to register and learn more go to  
[www.yale.edu/worklife/events](http://www.yale.edu/worklife/events) or call 432-5660

