

# The Capital District Library Council

Invites you to attend



## **Finding Work-Life Balance: Strategies for You and Your Institution**

MLA Educational Webcast

Wednesday, March 25<sup>th</sup>, 2009  
2:00PM – 4:00PM

Albany Medical College

### **Goals:**

The goal of this program is to identify ways to enhance the balance between work and life, provide an overview of the institutional, professional and personal benefits of encouraging balance, and outline considerations for implementing successful changes.

### **Objectives:**

- Describe the types of programs and changes that enhance work-life balance.
- Assess the potential benefits of promoting work-life balance for the individual, the institution, the profession, and society.
- Outline the challenges and companion strategies for implementing successful change.
- Recognize responsibilities of the institution and the individual to enhance work-life balance.

**For program agenda and more  
information:**

**[http://www.mlanet.org/education/  
distance\\_ed/work\\_life/](http://www.mlanet.org/education/distance_ed/work_life/)**

CDLC  
28 Essex Street  
Albany, NY 12206

Registration for the workshop is free for CDLC members. Registration is required.

**R.S.V.P. by March 18<sup>th</sup>**

**Date/Time – Wednesday, March 25<sup>th</sup> 2:00pm–4:00pm**

**Location:**

**Schaffer Library  
Independent Learning Center  
Computer Lab  
(Library 5<sup>th</sup> Floor)  
Albany Medical College  
47 New Scotland Ave.  
Albany, NY 12208**



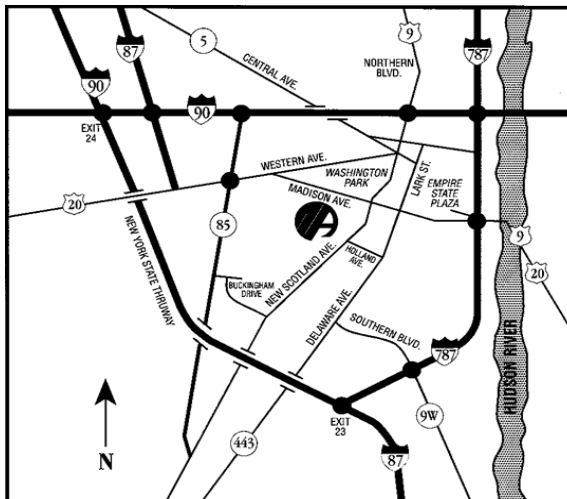
**Hospital Library Service  
Program**

**Directions:**

Take the Northway (I-87) to I-90 East. Exit at I-787 South (Albany). Exit at Madison Avenue. Proceed approximately one mile on Madison Avenue. Turn left onto New Scotland Avenue. Go two blocks. Albany Medical Center will be on your right. Parking is either on street or in the paid lots.

Enter through the Neil Hellman building College front entrance, then:

- Turn right and walk to the library.
- Enter the library and turn left at the desk.
- Take Elevators to the 5<sup>th</sup> Floor.
- Go straight to 2<sup>nd</sup> door on right for the computer lab.



**R.S.V.P. by March 18<sup>th</sup>**  
**Please mail or fax R.S.V.P. to:**

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Capital District Library Council  
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Albany, NY 12206  
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Institution:

Name(s):

Address:

Phone:

E-mail: