

**INDIANA UNIVERSITY LIBRARIANS ASSOCIATION
and the
INDIANA CHAPTER OF ASIS
Presents:**

Coping with Technostress
How to Stay Sane in Interesting Times

DATE: FRIDAY, March 27, 1998

TIME: 9:00 AM - 1:00PM

PLACE: IUPUI University Library
Lilly Auditorium - UL0130
755 W. Michigan St. Indianapolis

SPEAKER: Dan Jackson
Certified Training Consultant
St. Vincent's Stress Centers

ADMISSION: FREE!!

Registration limited to the first 100 respondents

The deadline to register is **March 20**

To register, complete the following [form](#)

Refreshments provided!

*Are there times when you feel overwhelmed by technology?
Do you think that you can't digest one more byte?
Do you deal with colleagues or patrons who feel the same way?*

If so, then plan to attend "Coping with Technostress: How to Stay Sane in Interesting Times," presented by the IUPUI Library Faculty. We are able to offer this half-day workshop for FREE because of the generous contributions of the [Indiana University Librarians Association \(InULA\)](#) and the [Indiana Chapter of ASIS](#). The workshop will be held from 9 A.M. to 1 P.M. on March 27 in the IUPUI University Library Auditorium and our speaker will be Dan Jackson from the St. Vincent Stress Centers. This program is open to all IU Libraries personnel and members of Indiana ASIS. Participation, though, is limited to the first 100 respondents. Be on the look-out for further details in your campus mail, or contact Chris Long at (317) 274-1930 (celong2@iupui.edu).

Special Thanks to the IUPUI University Libraries