

The LRC is made possible by a grant from ICCB

Learning Resource Center NEWSLETTER

August 2025

Issue 63

Redimed Performance, Plus.

Mindfulness Workshop Series

Boost Focus • Reduce Stress • Thrive Anywhere

What Is It?

90-minute informational sessions to introduce mindfulness techniques tailored for your experiences

Session Schedule

- Lvl 1: Intro to Mindfulness Health- 08/13
- Lvl 1: Mindfulness Breathwork- 08/27
- Lvl 1: Intentional Silence For Healing-09/10
- **Lvl 1 Mindfulness Series Celebration-09/24**
- Lvl 2: Intentional Concentration-10/8
- Lvl 2: Meditation-10/22
- Lvl 2: Intentional Self-Realization-11/12
- **Lvl 2 Mindfulness Series Celebration-11/26**

601 James R. Thompson Blvd.
Bldg. B, East St. Louis, IL 62201

SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE



When:

Every 2nd and 4th
Wednesday at 11 a.m.



Mindfulness Workshop

Join Redina Medley, Redimed Performance, Plus, in a series of Mindfulness Workshops starting on August 13. They will be held on the 2nd and 4th Wednesdays of the month through November.

Each 90-minute session will introduce mindfulness techniques tailored for your experiences.

Morning Storytime



We will have morning storytime on Thursdays, August 21 and 28, at 9:30am. This is a great activity for your preschoolers!

Book Club

Book Club is taking a break for August but be sure to join us in September for our next read.

July Recap

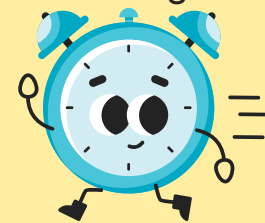
- July 1-3-Morning Movie: Kung Fu Panda 4; Afternoon Movie: Mean Girls
- July 7-10: Morning Movie: IF; Afternoon Movie: The Book of Clarence
- July 11-Animated Escapes: Soul Eater
- July 14-17-Morning Movie: The Super Mario Movie; Afternoon Movie: Barbie
- July 15-Workforce Development: Communication and Conflict Resolution
- July 18-Animated Escapes: Blue Exorcist
- July 21-24-Morning Movie: A Minecraft Movie; Afternoon Movie: Beetlejuice Beetlejuice
- July 25-Animated Escapes: Headhunted From Another World
- July 25-Kid's Corner: STEAM Sprouts
- July 28-31-Morning Movie: Snow White; Afternoon Movie-Captain America: Brave New World
- July 25-Book Club: Run Rose Run by Dolly Parton and James Patterson
- Each Thursday in July-Storytime

Time Management

If you're someone who struggles with keeping track of time or finding enough time in the day or week to accomplish all you want to, then this is the workshop for you!

Tuesday, August 12, at 2pm

Our next Workforce Development series program will focus on time management.



Lunch and Learn

Carrollton Bank will be hosting a Lunch and Learn on Wednesday, August 6 at 12pm. The topic is "Understanding Your Credit." Contact the LRC to register (must sign up for lunch).

Kid's Corner

Our August Kid's Corner will feature Back-to-School Bracelets! We hope you can join us on Tuesday, August 26 at 10am



Contact Us

@siue.esl.lrc.1



@SIUE_ESLC_LRC



Hours of Operation

Monday-Friday
8:30am-4:30pm
siue.esl.library@siue.edu
618-874-8719

AUGUST 2025

Learning Resource Center Hours
Monday-Friday 8:30am-4:30pm
Saturday-Sunday Closed

MON

TUE

WED

THU

FRI

