

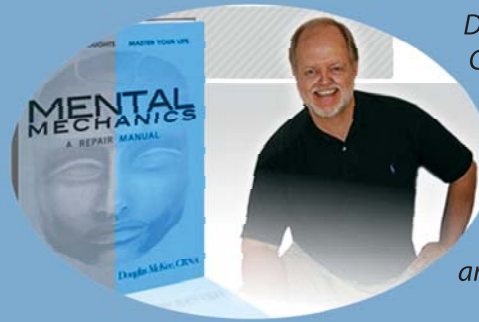
# MEC Welcome Back Day

Sponsored by the MEC Campus Council

Please join us on Tuesday, January 6th 2009  
to start the new year and new semester with renewed vigor.

9:00 AM – 10:30 AM

Guest speaker and author of  
*Mental Mechanics*,  
Douglas McKee will present  
“So Now You ‘re Motivated.  
What’s Next?”



Douglas McKee CRNA, is a Certified Registered Nurse Anesthetist. He has been practicing anesthesia since 1972 and for the last 18 years has primarily focused on OB and GYN anesthesia.

Currently he is the Administrator of an all CRNA group, Phoenix Anesthesia.

In practicing anesthesia, he encounters frightened patients and families every day. Helping them handle their fears over the years gave him the opportunity to study, and finally understand, the true nature of fear itself.

*“For the last thirty years I have also studied how each of us gets through a day and what makes the truly outstanding humans what they were and are.”*

*“We all use successful thinking skills every day. All we need to do is learn “HOW” to apply those thinking techniques to the areas of our lives we want to make better.”*

His book, *Mental Mechanics: A Repair Manual*, presents the world with a new thinking paradigm for the 21st century.

10:30 AM - NOON

Coffee and snacks in the forum  
and the opportunity to socialize  
and learn about the many  
opportunities to participate in  
our campus community

Afternoon:

Breakout classes coordinated by  
Dean Ruth Stanton  
Just what I need to know –  
sessions designed to help you with  
those pesky computer chores

2 sessions – 1:00 & 2:00 PM

Jamie Erdman from IT presents “Moving Files to Your H and G Drives  
& How to Create Personal Folders in Outlook”

1 session – 2:00 PM

Kim Nicely presents “An overview of Outlook 2007”

**PLEASE BE ON TIME AS A COURTESY TO  
ALL OUR GUEST SPEAKERS AND PRESENTERS**