



## Balancing Work and Lifestyle

Today's working class is more stressed, more pressed and more tied down to the daily grind than ever before. This unique class offers you an outlook on how to give your life organization, balance and time for yourself or loved ones. . . .

Achieving balance in life is a popular subject these days. Whether it is personal, occupational, spiritual or recreational, finding the time and perfect balance for everything in your day is complicated.

It doesn't have to be.



### Work Life Balance

**Adults:** Are you a Type A personality who finds there isn't enough time in your schedule to exercise, eat healthy or spend quality time with your friends and family? According to a recent survey, 78 percent of adults wish they had more time to stop and smell the roses. In this fascinating presentation, learn how to focus your energy on those areas you really want to pursue. You will leave this seminar with an action plan to begin achieving balance in your life. \$13 material fee due to instructor.

**Session:** 1 for \$49

**Instructor:** Mark Sincevich

**Course Number:** 135463

**Location:** Potomac CC

**Starts:** Nov. 2, Wednesday, 6-8 p.m.

[Online Registration](#)

Motivational speaker and noted photographer Mark Sincevich, who also teaches photography classes for MCRD, offers this new and interesting course, "Work Life Balance," in which he shows us how to "smell the roses" a little more often. This one-session, two-hour presentation will be held Nov. 2 at Potomac Community Center.

"What you will get out of the class are strategies to concentrate on not only your personal life, but your professional life," Sincevich says. "Knowing that balance is not a destination but a way to help teach people a goal to enjoy along the way."

With most couples now working, finding time for each other, or their family, requires time many of us simply don't have. It's no easier for the young professional--stressed by work, finances and pressure to succeed. Sincevich says finding the time for balance is a matter of organization and prioritizing. For example, "we watch too much TV. People come home from work, flop on the couch and flip channels with their thumb. TV and

awareness go hand in hand."

Sincevich's class will include an "action sheet" that recognizes your goals and then shows you a way to get more in the form of physical, mental, social and spiritual balance from your time.

"Achieving balance is being more aware of what your goals are and not being driven by circumstances not beyond their control," he says.

But you have to be willing to make changes. "We're not telling people how to live their lives, but to share some concepts that should work for them to achieve their goals."



One example of change, Sincevich says, is breaking monotony. Take a different route home from work, or ride a bus or cab from time to time. Or keep a journal of your day or week. Or host a theme-based party once a year. Or, throw caution to the wind: take a personal day and visit a spa.

"The biggest problem is people aren't thinking about ways to spend their time—or the choices they make," he says. "Get in touch with yourself."

—Dennis Tuttle

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Quick information and access to the county's 18 centers.

### Senior Centers

Your guide to all multi-service facilities, special events and self-help needs.

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240-777-6961

Aquatics:

240-777-6860

Arts:

240-777-6820

Camps & Programs

240-777-6870

Classes:

240-777-6870

Class Status:

240-777-6840

Gilchrist Diversity Center:

240-777-4940

Hearts 'n Parks:

240-777-6820

Registration:

240-777-6840

Seniors & Programs:

301-468-4540

Special Events:

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301-468-4530

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