

**“Balance” 2008-2009 Academic Year Theme**  
at Hartwick College

- January 8:**           **Moonlight Snowshoe Hike to Mud Lake**  
Robertson Lodge, Pine Lake, 6 p.m.  
Join Pine Lake program coordinator Dan Morse for a moonlight snowshoe hike to Mud Lake. We’ll depart at exactly 6 p.m. from Robertson Lodge at Pine Lake.
- January 13:**       **Your Internal “Chat Room”: Mind/Body Balance**  
with Educator Sarah Root  
Shineman Chapel, 7-9 p.m.  
(location tentative – details to be announced)
- January 17:**       **Daytime Snowshoe Hike to Mud Lake**  
Robertson Lodge, Pine Lake, 2 p.m.  
Join Pine Lake program coordinator Dan Morse for a moonlight snowshoe hike to Mud Lake. We’ll depart at exactly 2 p.m. from Robertson Lodge at Pine Lake.
- January 19:**       **Introduction to Reiki, A Path of Wellness**  
with Educator Sarah Root and colleagues  
Shineman Chapel, 7-9 p.m.  
(location tentative – details to be announced)
- February 28:**   **SOS to Students**  
with Educator Sarah Root and Molly Payne ’87, LMHC  
Shineman Chapel, 1 p.m.  
(location tentative – details to be announced)
- March 1:**           **Self Care and Technology, Friend or Foe**  
with Educator Sarah Root and Molly Payne ’87, LMHC  
Shineman Chapel, 1 p.m.  
(location tentative – details to be announced)
- Ongoing:**         **“In the Balance” photo show**  
Robertson Lodge Gallery, Pine Lake  
Featuring over 40 photos taken at Pine Lake by 14 student photographers. On display through February 2009.