

# Postdoctoral Association Events Newsletter

## USC and CHLA Events Calendar

### November Events

#### Coffee Hour

Join us for **FREE** coffee every other month. Coffee hour takes place on the second Wednesday of the month. To find us, look for the PDA sign.

**Date: No coffee hour this month.** Please join us for our tailgate event on November 23<sup>rd</sup>. Coffee hour will resume in **December**.

#### Time and Location:

UPC	Starbucks next to Lyon Center
HSC	Starbucks at the Plaza Marketplace
CHLA	Aroma's Coffee at HBO Café

### Tail Gate Party

Join the PDA for food and fun before the USC v UCLA football game on November 23 at University Park Campus. We will provide FREE FOOD, beverage, and good company with your fellow colleagues. See attached flyer for more details.

#### BRING A FRIEND!

Please let us know if you're coming and tell us whether you are bringing a guest.

Register on the USC PDA Website: [pda.usc.edu](http://pda.usc.edu)

### Massage Chair Session

#### Feeling Stressed?

The USC PDA will be organizing free 15 minute chair massages to ease stress and muscle tension from the strain of desk/lab work

The massages are happening on UPC in MCB Room 102. There are only 10 spots open for massages, so reserve now to save your spot!

Register on the USC PDA website: [pda.usc.edu](http://pda.usc.edu)

### Upcoming Events

## Save the Date!

### Beyond the PhD Career Conference UPC and HSC

**March 26, 2020**

Inspiring the USC doctoral community to pursue fulfilling, innovative, entrepreneurial careers in academia and industry.

#USCBeyondPhD

More information at:  
[sites.usc.edu/  
beyondphd](http://sites.usc.edu/beyondphd)

Visit the PDA website  
[pda.usc.edu](http://pda.usc.edu)

Email us:  
[uscpsda@usc.edu](mailto:uscpsda@usc.edu)

Connect with us on  
[facebook.com/uscpsda](https://www.facebook.com/uscpsda)







The PDA is planning  
A USC Football tailgating night  
at University Park Campus

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**November 23<sup>rd</sup> USC vs UCLA**

Come join the PDA tailgate party before the big USC vs UCLA game on main campus and **bring a guest!** We provide free food and good company (vegetarian options also available). Bring your own alcoholic beverage (no glass containers allowed).

UPC tailgating rules can be found at:  
**[policy.usc.edu/tailgating](http://policy.usc.edu/tailgating)**

**Start Time:** 2 hours before kickoff. Please check the USC Football website for game time announcements

**Location:** University Park Campus

Please let us know if you're interested in attending and if you will be bringing a friend by registering at [pda.usc.edu](http://pda.usc.edu).



Email us:  
[usc\\_pda@usc.edu](mailto:usc_pda@usc.edu)



Visit the PDA website  
[pda.usc.edu](http://pda.usc.edu)

**KNEADED EXPERIENCE  
LA @ UPC  
DATE: 15TH NOV**



# CHAIR MASSAGE

JOIN US FOR  
A 15 MINUTE  
CHAIR MASSAGE  
SESSION

**MCB**  
ROOM 102  
12-3PM

VISIT [HTTPS://PDA.USC.EDU](https://pda.usc.edu)





# Postdoctoral Fitness Hour

## University of Southern California

### MONTHLY SCHEDULE

EVERY  
MONDAY  
AND  
WEDNESDAY

All classes are  
from 1p-2pm



### WHAT IS THE POSTDOC FITNESS HOUR?

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A full body workout that incorporates weight training, cardio and core training in a circuit style format. Various equipment will be used throughout the program such as TRX, bands, medicine balls, small weights and much more! But there will also be workouts that will use minimal equipment as well. No two workouts will be the same which helps keep things fresh and exciting.

### WHERE IS IT HELD?

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Most workouts will be held on the USC Track, the rooftop workout area located on the 3rd floor of the PE building or the Lyon Center. Emails will be sent out the morning of the workouts to give the location and what the focal point of the workout will be.

### WHO TEACHES THE CLASSES?

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Classes are taught by coach Kevin Robinson. He is full time faculty in the PE department as well as being a personal trainer for the past 16 years.

He attended Michigan State University for undergrad and Virginia Commonwealth University for graduate school.

You can email him at: [kevinrob@usc.edu](mailto:kevinrob@usc.edu)

