



## WORKSHOP CALENDAR FOR **APRIL 2008**

**IMPORTANT REMINDER:** Workshops scheduled during working hours require that you make the appropriate arrangements with your supervisors before registering. It is at the supervisor's discretion whether the workshop is seen as acceptable as an in-service training.



### HEALTHY COMMUNICATION

**Presenter: Richard Williams, MFT**  
**April 2, 2008 (8:30-11:30 AM)**

In this workshop, we will examine various non-verbal forms of communication, with a specific focus upon how we can enhance the skills within ourselves that will enable us to better understand and be understood by others.

### ASSERT YOURSELF: FOR SUPERVISORS

**Presenter: Cynthia Chapa, LCSW**  
**April 3, 2008 (1:30-5:00 PM)**

Good communication skills are essential for an effective supervisor. When you polish your assertive communication skills, you will be able to exercise greater influence on others, motivate, coach, and delegate with authority. Assertiveness skills can be learned and implemented quickly. This class will help you do just that!

### CLEAR DIRECTION FOR A CONFIDENT RETIREMENT

**Presenters: MEMBERS Financial Services  
& StanCERA Representative**  
**April 3, 2008 (3:30-4:45 PM)**

If you are retired or approaching retirement, plan to attend this workshop. Get a clear direction for a confident retirement and realize the importance of creating an inclusive retirement income plan that includes obstacles like inflation and health care costs in this 1 session workshop.

### ESTATE PLANNING

**Presenters: MEMBERS Financial Services & Atty. Judy Jensen**  
**April 3, 2008 (5:30-7:15 PM)**

This workshop will navigate through the differences in the way men and women journey through their financial lives, covering topics such as: planning ahead for financial freedom; putting your money where it will work harder for you; finding your comfort level between risk and reward.

### STAYING YOUNG WHILE GROWING OLDER

**Presenter: Richard Williams, MFT**  
**April 10, 2008 (3:00-5:30 PM)**

This workshop will offer ideas on how to stay young while gracefully aging. This will be presented from a mind and body perspective and will offer some of the latest healthy practices, backed by recent research findings.

### COPING WITH LIFE-ALTERING ILLNESS

**Presenter: Colleen Winters, LCSW**  
**April 14, 2008 (1:00-3:00 PM)**

Take part in an interactive presentation that will help you understand the emotional experience associated with life-altering illness. Learn to identify key emotions surrounding a diagnosis; enhance your communication skills when interacting with a partner, family or friends about the illness & learn how to adapt to changes in intimacy brought about by the diagnosis and its treatment.

### FIRST TIME HOME BUYER

**Presenter: BALANCE Representative**  
**April 17, 2008 (5:30-7:30 PM)**

For many, owning a home is a dream and financial goal. Preparation for homeownership begins long before the purchase actually takes place. This workshop covers budgeting, determining how much house is affordable, saving for a down payment and other costs, credit reports, and debt-to-income ratios as well as the mortgage lending process.

### DEALING WITH DIFFICULT PEOPLE

**Presenter: Richard Williams, LMFT**  
**April 23, 2008 (8:30-11:30 AM)**

Learn how to deal effectively with difficult people and avoid becoming a difficult person yourself.

### ASSERT YOURSELF: FOR SUPERVISORS

**Presenter: Cynthia Chapa, LCSW**  
**April 24, 2008 (1:30-5:00 PM)**

Every supervisor strives to have the best functioning team. Workplace Wellness can help! If you ever wonder what we do; when, why and how to refer employees to us; or if you want to know more about getting free, tailored workshops for your staff, come to this seminar. All this and more will be covered at this short informative seminar geared towards supervisors and managers.

### COLLEGE FINANCING 101

**Presenter: Valley First Credit Union**  
**April 24, 2008 (5:30-7:30 PM)**

Rising college tuition costs continue to outpace inflation. However, through a combination of long-term savings and an understanding of financial aid opportunities, participants will learn how they can make continuing education for their kids or themselves a reality.

**PLEASE USE THE REGISTRATION FORM ON PAGE 2**

# REGISTRATION FORM

PLEASE PRINT CLEARLY

Sign up for [please mark your choice(s)]:

Name \_\_\_\_\_

**Healthy Communication**  
Apr. 2 (8:30-11:30 AM)

**First Time Home Buyer**  
Apr. 17 (5:30-7:30 PM)

Daytime Phone No. \_\_\_\_\_

Other: \_\_\_\_\_

**Assertion for Supervisors**  
Apr. 3 (1:30-5:00 PM)

**Difficult People**  
Apr. 23 (8:30-11:30 AM)

E-Mail Address \_\_\_\_\_

**Confident Retirement**  
Apr. 3 (3:00-4:45 PM)

**What Every Supervisor Needs  
to Know About Workplace  
Wellness**

Guest's Name \_\_\_\_\_

**Estate Planning**  
Apr. 3 (5:30-7:15 PM)

Apr. 24 (1:30-5:00 PM)

Place of Employment:

**Staying Young**  
Apr. 10 (3:00-5:30 PM)

**College Financing 101**  
Apr. 24 (5:30-7:30 PM)

**Stanislaus County**

If Stanislaus County, please provide Department Name:

**Life-Altering Illness**  
Apr. 14 (1:00-3:00 PM)

(Examples: BHRS, CSA, DER)

**Valley First Credit Union**

Would you like to be reminded by:  E-mail  Phone

**Consolidated Fire**

**Stanislaus County Office of Education**

**Please fill out this form and fax to Workplace Wellness at 558-8483.**

You will be notified either by phone or e-mail for confirmation & location (if available) within 48 hours upon receipt of registration.

For more information, please call Workplace Wellness at 558-8466 or visit us online at:

[www.WorkplaceWellness.org](http://www.WorkplaceWellness.org)

WORKPLACE WELLNESS USE ONLY (APRIL 2008)

ENTERED BY & DATE: \_\_\_\_\_

CONFIRMED BY & DATE: \_\_\_\_\_