



WORKSHOP CALENDAR FOR OCTOBER 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.

PLEASE NOTE:

**CYNTHIA CHAPA'S ASSERT YOURSELF:
BASIC & ADVANCED ASSERTION TRAININGS
SCHEDULED ON OCTOBER 2ND
HAVE BEEN RESCHEDULED FOR NOVEMBER 20TH.**

DEALING WITH DIFFICULT PEOPLE

**Presenter: Richard Williams, LMFT
October 2, 2008 (2:30-5:30 PM)**

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

CLEAR DIRECTION FOR A CONFIDENT RETIREMENT

**Presenters: MEMBERS Financial Services & StanCERA Rep.
October 2, 2008 (3:00-4:45 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 Jansen
October 2, 2008 (5:30-7:15 PM)**

This workshop covers the financial and legal issues involved with proper estate planning such as: estate planning problems with probate; strategies to cut estate taxes and probate expenses; estate allocation techniques; is a will good enough; proper beneficiary designations; planning for minor children; and the importance of trusting your estate.

STAYING YOUNG WHILE GROWING OLDER

**Presenter: Richard Williams, MFT
October 7, 2008 (8:30-11:00 AM)**

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.

PLASTIC SURGERY: GET OUT OF DEBT

**Presenter: Valley First Credit Union
October 16, 2008 (5:30-7:30 PM)**

This seminar examines the wise use of credit, warning signs of credit trouble, and the options available for getting out of debt and reconstructing existing credit to its greatest advantage.



CAREGIVER'S SELF-CARE

**Presenter: Rebecca Tucker, LCSW
October 20, 2008 (2:30-5:00 PM)**

In this class we will discuss care for the caregiver, community resources available for the caregiver, caregiver health risks and how to avoid them. We will also look at some creative tips the caregiver can use to achieve greater balance and efficiency while providing care to their loved ones.

**WHAT EVERY SUPERVISOR NEEDS TO KNOW ABOUT
WORKPLACE WELLNESS**

**Presenter: Cynthia Chapa, LCSW
October 23, 2008 (1:30-5:00 PM)**

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.

TIME MANAGEMENT SKILLS

**Presenter: Richard Williams, MFT
October 23, 2008 (3:30-5:30 PM)**

Learn how to take perspective, manage your time more efficiently and prioritize what's important. It's not always easy—but it can be

MEMORY: USE IT OR LOSE IT

**Presenter: Richard Williams, LMFT
October 29, 2008 (8:30-11:30 AM)**

Learn how memories are formed, stored and remembered, and how getting older affects our memory and what we can do to maintain and even enhance our ability to remember the things that are important to us.



THE ART OF HARMONIOUS CHANGE

**Presenter: Rebecca Tucker, LCSW
October 30, 2008 (4:30-7:00 PM)**

For an opportunity to explore self-care techniques that encourage body-mind connection during peri menopause, consider taking this workshop. It will provide practical information about common symptoms, local resources & useful self-care techniques.

REGISTRATION FORM

PLEASE PRINT CLEARLY

Name _____

Daytime Phone No. _____ Other: _____

E-Mail Address _____

Guest's Name (Please indicate which workshop your guest is attending with you.) _____

Place of Employment:

 IF STANISLAUS COUNTY, PLEASE PROVIDE DEPARTMENT NAME: (Ex: BHRS, CSA, DER, HSA) _____







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

Sign up for [choice(s)]:

Dealing with Difficult People
October 2 (2:30-5:30 PM)

Confident Retirement
October 2 (3:00-4:45 PM)

Estate Planning
October 2 (5:30-7:15 PM)

Staying Young While Growing Older
October 7 (8:30-11:00 AM)

Plastic Surgery: Get Out of Debt
October 16 (5:30-7:30 PM)

NEW! **Caregiver's Self-Care**
October 20(2:30-5:00 PM)

What Every Supervisor Needs to Know About Workplace Wellness
October 23 (1:30-5:00 PM)

Time Management Skills
October 23, (3:30-5:30 PM)

Memory: Use It or Lose
October 29 (8:30-11:30 AM)

NEW! **The Art of Harmonious Change**
October 30 (4:30-7:00 PM)

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

WORKPLACE WELLNESS USE ONLY (OCTOBER 2008)

ENTERED BY & DATE: _____ CONFIRMED BY & DATE: _____