

WORKSHOP CALENDAR FOR SEPTEMBER 2009

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.

WOMEN AND INVESTING

September 3, 2009 (3:00 PM-4:45 PM)
MEMBERS Financial Services

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.

CLEAR DIRECTION FOR A CONFIDENT RETIREMENT

September 3, 2009 (5:30 PM-7:15 PM)
MEMBERS Financial Services & StanCERA Rep

For those approaching retirement or if you've already retired, plan to attend this 1-session workshop on retirement income. It will give you a clear direction for a confident retirement and illustrate the importance of creating a comprehensive retirement income plan—a plan that includes your financial objectives and takes into account obstacles like inflation and health care costs.

GRIEF AND LOSS

September 15, 2009 (3:30 PM-5:00 PM)
Community Hospice

Most all of us have losses in our lives that hard to cope with. These losses can be specific to death or emotional losses. This workshop provides an overview of the stages of grief and provides an explanation of bereavement services.

ANGER MANAGEMENT

September 17, 2009 (3:30 PM-6:30 PM)
Richard Williams, LMFT

Anger is a normal reaction to life events. We will examine why certain situations evoke anger in us and what we can do to address this issue in a healthy and mature manner.



UNDERSTANDING IDENTITY THEFT

September 17, 2009 (5:30 PM-7:00 PM)
Valley First Credit Union

With all the advancements in technology today, Identity Theft is more widespread than ever before! In this presentation we will cover several ways of prevention, understanding the signs if you are a victim and what steps to take if you do become a victim. Let us ease your mind and help you be a preventative champion in this life altering scam!

MAKING STRESS WORK FOR YOU

September 18, 2009 (9:00 AM-12:00 Noon)
Cynthia Chapa, LCSW

We all have stress. Learn how to live you life without allowing stress to take over your life and wear down your body and mind.

DON'T LET YOUR FEARS STOP YOU

September 24, 2009 (9:30 AM-12:00 Noon)
Cynthia Chapa, LCSW

Fear of taking risks and making mistakes sometimes stops us from moving ahead in our lives. We will explore the hurdles that keep us from experiencing life the way we want to live it. We will discover ways we keep ourselves stuck and develop techniques for un-sticking ourselves.

MEMORY: USE IT OR LOSE IT

September 24, 2009 (3:30 PM-6:30 PM)
Richard Williams, LMFT

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.

UNDERSTANDING & COPING WITH DEPRESSION & ANXIETY

September 29, 2009 (9:00 AM-12:00 Noon)
Richard Williams, LMFT

Both Depression and Anxiety can cause eating and sleep disturbances, interfere with our social and family life and disable us at work. We will examine the various forms of Depression and Anxiety, their causes, risk factors and treatment strategies.

BASICS OF HOSPICE CARE

September 29, 2009 (3:30 PM-5:00 PM)
Community Hospice

Many of us will be impacted by serious illnesses or death. Whether it is our family members, friends, or ourselves. Information is the key to surviving any type of difficult situation. Community Hospice will review the philosophy of hospice care, the services that are related to end of life care, grief support, and other advocacy services.

REGISTRATION FORM

PLEASE PRINT CLEARLY

Sign up for [choice(s)]:

Women & Investment

September 3, 2009 (3:00 PM-4:45 PM)

Confident Retirement

September 3, 2009 (5:30 PM-7:15 PM)

Grief & Loss

September 15, 2009 (3:30 PM-5:00 PM)

Anger Management

September 17, 2009 (3:30 PM-6:30 PM)



Understanding Identity Theft

September 17, 2009 (5:30 PM-7:00 PM)

Making Stress Work for You

September 18, 2009 (9:00 AM-12:00 Noon)

Don't Let Your Fears Stop You

September 24, 2009 (9:30 AM-12:00 Noon)

Memory: Use It or Lose It

September 24, 2009 (3:30 PM-6:30 PM)

Understanding & coping with

Depression & Anxiety

September 29, 2009 (9:00 AM-12:00 Noon)

Basics of Hospice Care

September 29, 2009 (3:30 PM-5:00 PM)

Name

Daytime Phone No.

Other:

E-Mail Address

Guest's Name

Relationship

Title of workshop your guest is attending

Place of Employment:



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



Would you like to be reminded by (Please one): E-mail? Phone?

Please fill out this form and fax to Workplace Wellness at [558-8483](tel: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 (SEPTEMBER 2009)

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