



WORKSHOP CALENDAR FOR

FEBRUARY 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.

ESTATE PLANNING

Presenters: MEMBERS Financial Services &
Atty. Judy Jansen
February 7, 2008 (3:00-4:45 PM)

Co-sponsored by Workplace Wellness and Valley First Credit Union. 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.

CLEAR DIRECTION FOR A CONFIDENT RETIREMENT

Presenters: MEMBERS Financial Services &
StanCERA Representative
February 7, 2008 (5:30-7:15 PM)

Co-sponsored by Workplace Wellness and Valley First Credit Union. 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.

ASSERT YOURSELF: BASIC

Presenter: Cynthia Chapa, LCSW
February 7, 2008 (9:00 AM-12:00 Noon)

Learn practical strategies for saying how you feel and asking what you want. Learn skills to improve your ability to express yourself without violating the rights of others or betraying your own integrity.

ASSERT YOURSELF: ADVANCED

Presenter: Cynthia Chapa, LCSW
February 7, 2008 (1:30-4:30 PM)

This workshop is for those who wish to pursue additional practice with assertive skills, with an emphasis on body language. Special attention will be placed on asserting yourself in difficult situations and with difficult people. Participants need to have had Cynthia's Basic Assertion Training prior to attending this workshop.

**GRIEF AND LOSS**

Presenter: Colleen Winters, LCSW
February 18, 2008 (3:00-5:00 PM—NEW TIME)

Learn about your own experience with the process of grief and loss. Each of us has had some type of loss in our lives, be it loss of a relationship, job, home, money, etc. Participate in this interactive discussion about the stages of grief and discover how it has affected you. Explore ways to help yourself or your loved one with how to cope with feelings associated with grief and loss.

DON'T LET YOUR FEARS STOP YOU

Presenter: Cynthia Chapa, LCSW
February 20, 2008 (9:30 AM-12:00 Noon)

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. We will discover ways we keep ourselves stuck and develop techniques for unsticking ourselves.

THE PSYCHOLOGY OF SPENDING

Presenter: Valley First Credit Union
February 21, 2008 (5:30-7:30 PM)

Co-sponsored by Workplace Wellness and Valley First Credit Union. Each person has a money personality that influences attitudes about spending and saving. By recognizing the tendencies and attitudes that have shaped past decisions, participants will be able to make the necessary adjustments to change bad financial habits into productive ones.

**PLEASE USE
REGISTRATION FORM
ON PAGE 2**

REGISTRATION FORM

PLEASE PRINT CLEARLY

Name _____

Daytime Phone No. _____ Other: _____

E-Mail Address: _____

Guest's Name: _____

Place of Employment: _____

Stanislaus County
If Stanislaus County, please provide
Department Name: _____

Valley First Credit Union
 Consolidated Fire
 Office of Education

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

- Estate Planning Feb. 7 (3:00-4:45 PM) Confident Retirement Feb. 7 (5:30-7:15 PM)
 Assert Yourself: Basic Feb. 7 (9AM-Noon) Assert Yourself: Advanced Feb. 7 (1:30-4:30 PM)
 Grief & Loss *NEW* Feb. 18 (3:00-5:00 PM) Don't Let Your Fears Stop You Feb. 20 (9:30 AM-Noon)
 Psychology of Spending Feb. 21 (5:30-7:30 PM)

Would you like to be reminded by:

E-Mail Phone

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

You will be notified by phone/ e-mail for confirmation & location (if available) of each workshop 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 (FEBRUARY 2008)

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