



WORKSHOP CALENDAR FOR  
**JANUARY 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.

**LONG-TERM CARE WORKSHOP**

**Presented by: MEMBERS Financial Services  
January 3, 2008 (3:00-4:45 PM)**

Co-sponsored by Workplace Wellness and Valley First Credit Union. Two out of five will need long-term care. This expense is rarely covered by group health insurance and the high costs can deplete your retirement fund. Learn how long-term care coverage can help protect you from this happening.

**CLEAR DIRECTION FOR A CONFIDENT RETIREMENT**

**Presented by: MEMBERS Financial Services &  
StanCERA Representative  
January 3, 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.

**TEN STEPS TO FINANCIAL SUCCESS**

**Presented by: Valley First Credit Union  
January 17, 2008 (5:30-7:30 PM)**

Co-sponsored by Workplace Wellness and Valley First Credit Union. Financial success is not always dependent on income; in fact, many people earning an impressive salary struggle to make ends meet because they haven't followed the 10 basic steps discussed in this seminar. From developing a spending plan that works to setting goals to weighing insurance needs, this presentation covers the core concepts necessary to develop and maintain personal financial control.

**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)]:**

**Long-Term Care Workshop**  
Jan. 3, 2008 (3:00-4:45 PM)

**Confident Retirement**  
Jan. 3, 2008 (5:30-7:15 PM)

**10 Steps to Financial Success**  
Jan. 17, 2008 (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 (JANUARY 2008)

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