



## WORKSHOP CALENDAR FOR MARCH 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.

### CAREGIVING FOR THOSE WITH A CHRONIC/LONG-TERM ILLNESS

Presented by: Community Hospice  
March 5, 2008 (3:30-5:00 PM)

Many of us are caring for our loved ones. It is becoming increasingly common for people to be caring for their elderly loved ones while continuing to raise their children. This is referred to as "the sandwich generation." Community Hospice discusses the Caregiving process and the progression, steps for caring for the caregiver, community resources, and other issues of caregiving.

### MAKING STRESS WORK FOR YOU

Presenter: Cynthia Chapa, LCSW  
March 6, 2008 (9:00 AM-12:00 Noon)

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

### CLEAR DIRECTION FOR A CONFIDENT RETIREMENT

Presenters: MEMBERS Financial Services &  
StanCERA Representative  
March 6, 2008 (3:00-4:45 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.

### WOMEN AND INVESTING

Presenters: MEMBERS Financial Services  
March 6, 2008 (5:30-7:15 PM)

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



### TAKING CARE OF THE CAREGIVER

Presenter: Colleen Winters, LCSW  
March 10, 2008 (3:00-5:30 PM)

Being a full time or part time caregiver of a family member or loved one can be a huge responsibility and be very stressful. Participate in this interactive session where you'll have an opportunity to share and process your experience as a caregiver. You'll learn about resources available to obtain support for yourself and the individual you serve. Take time to take care of you – join us.

### UNDERSTANDING & COPING WITH DEPRESSION

Presenter: Richard Williams, LMFT  
March 11, 2008 (3:00-5:30 PM)

This workshop will define various forms of Anxiety & Panic disorders, examine their causes and risk factors, and will discuss various treatment strategies aimed at reducing the negative effects of Anxiety.

### ANGER MANAGEMENT

Presenter: Richard Williams, LMFT  
March 19, 2008 (9:00 AM-12:00 Noon)

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.

### DRIVE AWAY HAPPY: CAR BUYING DECISIONS

Presenters: Valley First Credit Union  
March 20, 2008 (5:30-7:30 PM)

Co-sponsored by Workplace Wellness and Valley First Credit Union. New vs. used. Buy vs. lease. 0% Financing vs. rebate. Participants learn how to make the best car shopping and financing decisions based on their financial situation, credit rating and goals.



### MEMORY: USE IT OR LOSE IT

Presenter: Richard Williams, LMFT  
March 26, 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.

**Please use registration form on page 2**

# REGISTRATION FORM

PLEASE PRINT CLEARLY

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

Name \_\_\_\_\_

**Caregiving for Those with Chronic/Long-Term Illness**  
Mar. 5 (3:30-5:00 PM)

Daytime Phone No. \_\_\_\_\_ Other: \_\_\_\_\_

**Making Stress Work for You**  
Mar. 6 (9:00 AM-12:00 Noon)

**Coping with Depression**  
Mar. 11 (3:00-5:30 PM)

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

**Confident Retirement**  
Mar. 6 (3:00-4:45 PM)

**Anger Management**  
Mar. 19 (9:00 AM-12:00 Noon)

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

**Women & Investing**  
Mar. 6 (5:30-7:15 PM)

**Drive Away Happy**  
Mar. 20 (5:30-7:30 PM)

Place of Employment:

**Taking Care of the Caregiver**  
Mar. 10 (3:00-5:30 PM)

**Memory**  
Mar. 26 (8:30-11:30 AM)

**Stanislaus County**  
If Stanislaus County, please provide Department Name: \_\_\_\_\_

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

**Valley First Credit Union**

**Consolidated Fire**

**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 (MARCH 2008)

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

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