

Who Should Attend?

- ◆ Managers
- ◆ Leaders
- ◆ Human Services Staff
- ◆ Educators
- ◆ Community-Members interested in wellness
- ◆ Volunteer Managers
- ◆ Supervisors
- ◆ Wellness Professionals
- ◆ Not-For-Profit Staff and Leaders
- ◆ Medical Professionals
- ◆ Religious leaders
- ◆ Youth Workers

You will leave with the tools to improve your own life, the life of your colleagues and your customers.

Participants will be certified to teach this curriculum at the completion of the day.



Taking Care of You Trainers and Locations

Mandi Dornfeld: Winnebago County

Paula Hella: UW Extension



Questions: Please contact Sarah Hawks,
Sarah.Hawks@racinecounty.com or
262-767-2916

Winter Weather Cancellations will be decided by
7:00pm on Tuesday, January 8th and participants
will be notified via email, thanks

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and the Americans with Disabilities Act (ADA) requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.

taking care
of you
body. mind. spirit.



Facilitator Training
January 9, 2018

9:00 am to 3:00 pm

Ives Grove Office Complex
14200 Washington Avenue
Sturtevant, WI 53177

UW
Extension
University of Wisconsin-Extension

Taking Care of You

Taking Care of You is a multi-session program offering practical strategies and experiences to help you deal with the stress in your life. Managing life’s challenges in a healthy way allows you to take better care of yourself and your overall health. Each week you will explore topics through small group discussion, self-reflections and activities.

Activities of the program are aimed at increasing mindfulness, positive emotions, optimism, resiliency to stress, coping skills, and self care of one’s mind, body, and spirit.

Participants will learn strategies to:

- ◆ Take better care of all aspects of your health—body, mind, and spirit
- ◆ Become more aware of the mind-body connection and how to use this awareness to improve your health
- ◆ Respond with thought verses reacting automatically to life’s stressors
- ◆ Discover opportunities in life’s challenges
- ◆ Develop healthier habits that can lead to a healthier you
- ◆ Find ways to become a happier person
- ◆ Simplify you life
- ◆ Live more in the moment

This program can be modified to fit your time schedule.

Agenda

- 8:30-9:00:** Arrival/Networking/Refreshments
- 9:00-9:10:** Introductions Overview of the Day
- 9:10-10:00:** Dimensions of Wellness
- 10:00-10:15:** Break/Practice
- 10:15-11:30:** Happiness/Self Care
- 11:30-12:00:** Lunch
- 12:00-1:15:** Dealing with Life Changes,
- 1:15-1:30:** Break/Practice
- 1:30-2:45:** Coping with Stressful Situations and Moving Forward
- 2:45-3:00:** Questions and Evaluation

Fee and Optional Add-ons

- ◆ **Fee:** \$40 (covers course, refreshments, flash drive with curriculum materials, a binder with printed curriculum & materials, and access to Google Drive materials)

Book Add-ons

- ◆ Recommended Reading: \$39
 - Happiness and Health
 - Full Catastrophe Living
 - The How of Happiness
- ◆ Resource Books: \$48
 - Eat Drink and Be Mindful
 - One Moment Meditation
 - Wellness Workbook

AMOUNT ENCLOSED:
\$ _____

Return this form with a check payable to:
Racine County UWEX

Mail to:
Racine County UWEX
209 North Main Street
Burlington, WI 53105



Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Telephone: _____

Email: _____

Complete this registration form and mail with payment by **Wednesday, January 3rd.** Space is limited to 40 participants and will be filled as payments are received.

\$40 per person for course, refreshments, flash drive with curriculum materials, a binder with printed curriculum & materials, & access to Google Drive materials.

Book Add- Ons

- Recommended Reading: \$39
- Resource Books: \$48

Please register by **Wednesday, January 3rd** so we have enough material prepared.

Thank you!

(Credit/Debit cards not accepted)