

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

Jennifer Whitty: Waukesha County



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

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
October 9, 2018

9:00 am to 3:00 pm

Norway Town Hall
6419 Heg Park Rd
Wind Lake, WI 53185
(located in Western
Racine County)

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

Registration

- ◆ **Fee:** \$50 (covers course, refreshments, flash drive with curriculum materials, a binder with printed curriculum & materials, and access to Google Drive materials)

"Books related to the Course"

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

Complete this registration form and mail with payment by

Wednesday, September 19th. Space is limited and will be filled as payments are received. Registration will close when capacity is reached

\$50 per person for course, refreshments, flash drive with curriculum materials, a binder with printed curriculum & materials, & access to Google Drive materials.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Telephone: _____

Email: _____

Please register by **Wednesday, September 19th.** so we have enough material prepared.

Thank you!

(Credit/Debit cards not accepted)

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

