

## 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: Calumet County**

**Renee Koenig: Kewaunee County**

**Megan Rebout: Rock County**

**Holly Walz: Milwaukee County**



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taking care  
of you  
body. mind. spirit.



## Facilitator Training

**September 20th**

**9:00 am to 3:00 pm**

**JP Coughlin Center  
625 E County Rd Y  
Oshkosh, WI 54901**

# 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 your 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

- ◆ **Basic Fee:** \$20 (covers course, refreshments, flash drive with materials, and access to Google Drive materials)
- ◆ **Optional:** Full printed materials and flash drive: \$75

## Book Ad-ons

- ◆ Recommended Reading: \$33  
Happiness and Health  
Full Catastrophe Living  
The How of Happiness
- ◆ Resource Books: \$39  
Eat Drink and Be Mindful  
One Moment Meditation  
Wellness Workbook

AMOUNT ENCLOSED:  
\$ \_\_\_\_\_

Return this form with a check,  
payable to  
**Winnebago Co. UWEX**

Mail it to:  
Winnebago County – UWEX  
625 E. County Road Y,  
Suite 600  
Oshkosh, WI 54901



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Please register by **September 13th** so we have enough materials prepared.

Thank you!

**(Credit/Debit cards not accepted)**

*Complete this registration form and mail with payment by **September 13th**. Space is limited to 40 participants and will be filled as payments are received.*

**\$20** per person for course, refreshments, flash drive with materials & access to Google Drive materials.

**\$75** per person for full printed materials and flash drive.

### Book Add- Ons

- Recommended Reading: \$33
- Resource Books: \$39