



# Wellness Matters

Chandler School District - An Employer of Choice

## 8th Annual Wellness Expo

Class Schedule

### NUTRITION & COOKING

#### Build a Menu

Build –a-Menu workshop allows employees to play the role of a menu planner. Participants will learn about USDA guidelines and regulations, and what makes a plate look good. Then, in teams, will create their ideal school lunch menu.

**Marcia McGeachie**

**1:00 PM**

**North Academic, Room 518**

#### The New Nutrition Label – How do I read it?

Reading the new nutrition label – Nutrition labels recently got a facelift. This course will review how to read the new labels to ensure you know exactly what is and is not in your favorite foods.

**Gabby King, Nutritionist**

**11:00 AM**

**North Academic, Room 518**

#### Healthy Holiday Favorites

Come learn how to “Healthy-up” some holiday favorites we all like to see on our tables. Leave with tips and recipes that are sure to taste delicious!

**Guest Chef**

**12:30 PM**

**North Academic, Room 519**

#### Family Friendly DIY Snacks – The Healthy Way!

Learn to make some fast, fun& creative snacks that your family will love. We will send you off with great recipes and Ideas to bring new life to snacks at home.

**Guest Chef**

**1:30 PM**

**North Academic, Room 522**

#### Quick Dinner Solutions

How to “hack” your night through dinner with tips and tricks to make a quick, easy and healthy dinners. We all wish we had more time to cook each night and this can help!

**Guest Instructor**

**11:30 AM**

**North Academic, Room 522**

#### Gluten Awareness – Insight into the Gluten Free Trend

Nutrition seminar with a focus on gluten free diets and the science behind them. This seminar will explain the difference between gluten free and wheat free diet

**Donise Dillard**

**11:00 AM**

**North Academic, Room 511**

#### Eating Healthy

Why is healthy eating a challenge for families? How is it associated with stress? What are the consequences of emotional eating and tips for distressing through eating healthy?

**Keisy Pendergrass**

**1:00 PM**

**North Academic, Room 514**

#### Nutrition 101

Forget the fad diets and get back to nutrition basics. Learn from a registered nutritionist the recommended guidelines. You’ll learn why certain food are recommended as well as some tips on how to successfully eat healthy without breaking the bank. In addition, you will learn how foods impact your overall health.

**Lynn Lanza**

**Time: 11:30 am**

**Old Main, Room 118**

#### Reading Food Labels

Food production’s goal is to sell products, not to help health.

Come learn how to read packaging and labels so you can make the choices you want for yourself and your family.

**Heather Dziczek**

**Time: 11:00 am**

**Old Main, Room 119**

### STRESS MANAGEMENT & DISEASE PREVENTION

#### Line Dancing

Come join us for a beginner line dancing class

**Theresa Self & Marley Smith**

**11:00 AM**

**Fitness Room**

#### The Balance Act-Work, Life and Technology

Seminar focused on work-life balance. Discusses time and how it is limited for all of us. Reviews key time management tips, including prioritization and making the most of limited time.

**Donise Dillard**

**1:00 PM**

**North Academic, Room 511**

#### Introduction to Meditation

Ever been curious about meditation or the benefits of meditation? Come join us in exploring the technique of meditation.

**Carol Crooker**

**11:30 AM & 1:30 PM**

**North Academic, Room 513**

#### Zumba

Are you ready to party yourself into shape? That’s exactly what the Zumba® program is all about. It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that’s moving millions of people toward joy and health.

**Alma Baduqui**

**1:30 PM**

**Fitness Room**

#### Stress Management for Work/Life Balance

Identify current social pressures, understand personal balance, understanding how we react to multiple demands. Stress vs. Burnout, learn skills to develop resiliency and balance work and home.

**Terry Huggans**

**11:00 AM**

**North Academic, Room 510**

#### Holiday Stress

Analyze the meaning of the holidays, recognize physical symptoms of stress and unhealthy choices that stress can lead to. Recognize the signs and symptoms of holiday stress busters and tips for coping with stress.

**Meija Schreiner**

**11:30 AM**

**CTE Building, Room 711**

#### Relaxation Skills

Learn the importance of relaxation in health and performance, learn what relaxation is and tools. Learn how to relax before work, during work and on the way home and before bed. Learn key components in relaxation and visualization, mediation and body relaxation.

**Meija Schreiner**

**1:00 PM**

**CTE Building, Room 711**

#### Movement vs. Exercise

How much should I move? Does it “count”? There’s so much confusing information about how to make good choices regarding movement. Come learn what the differences are and different possibilities for implementing them.

**Heather Dziczek**

**1:00 PM**

**North Academic, Room 502**



# Wellness Matters

Chandler School District—An Employer of Choice

## 8th Annual Wellness Expo

Class Schedule

### FINANCIAL MANAGEMENT

#### Winning with an HSA

This class will go over the basics of the Health Savings account as well how to maximize your Health Savings dollars

**Angela Nelson**

**11:00 AM**

**Old Main, Room 123**

#### Route 3: Destination in Site

Planning for retirement is vital. If you are considering within the next three years or perhaps on the fence about retirement, this is the meeting for you. ASRS will review how a pension is calculated options for retiree health insurance and other benefits and member responsibilities.

**ASRS**

**1:00 PM**

**CTE Building, Room 715**

#### Loan Forgiveness

This class will educate employees with Federal student loans on the various loan forgiveness plans available to them while employed for a public service organization. The program can often reduce monthly student loan payments using income driven repayment plans. In addition, saving for retirement can help lower your student loan payments.

**AXA Advisors, LLC**

**11:00 AM & 1:00 PM**

**North Academic, Room 503**

#### Creating and Managing Wealth

Understand how to save and invest in both workplace retirement plans, HSA plans when part of the workplace benefits, and outside of work (savings accounts, checking accounts, money markets, CDs, stocks, bonds) and the importance of understanding the impact of taxes

**Frank Youdelman**

**12:00 PM**

**North Academic Room 514**

#### Establishing a Retirement Income Stream

this session is a combination of Understanding Social Security, Medicaid, Medicare, Long Term Care and since CUSD participates in ASRS, the fundamentals of the pension plan benefits. The focus is on how to move from an accumulation phase to a distribution phase, retirement income planning, and managing assets to help generate a lifetime income. We'll also cover the basics of estate planning including wills, trusts, guardianship, health care directives and powers of attorney.

**David Hickson**

**12:00 PM**

**Old Main, Room 123**

#### Build the Foundation

Smart Money Moves in Your 20s, 30s, 40s, 50s and 60s with budgeting, spending, credit, debt and foundational info on the importance of taking steps at every age to create good habits

**Frank Youdelman**

**11:00 AM**

**North Academic, Room 514**

#### 10 Basic Financial Steps for Special Needs Caregivers

This class will cover the following items:

- 1) Plan for the Future
- 2) Review Beneficiaries
- 3) Family Meeting
- 4) Create A Team
- 5) Get Additional Resource Support
- 6) Government Benefits
- 7) Last Will and Testament
- 8) Special Needs Trust
- 9) Guardianship and Conservatorship
- 10) Letter of Intent

**David Hickson**

**1:00 PM**

**Old Main, Room 123**

### FAMILY & PROFESSIONAL RELATIONSHIPS

#### Communications: How to Say it at Work

Learn the types of communication, key components of communication, what makes you a good communicator and tips to navigate difficult situations.

**Terry Huggans**

**1:00 PM**

**North Academic, Room 510**

#### Lip Service or Customer Service

What goals should you have to provide customer service while understanding the challenges and pitfalls.

**Melanie Spilo**

**1:30 PM**

**Old Main, Room 114**

#### Time Management

Analyze how time is spent and how it should be spent. Tips to help you manage time more efficiently.

**Melanie Spilo**

**11:30 AM**

**Old Main, Room 114**

#### Emotional Intelligence

What is emotional intelligence? What does emotional intelligence allow you to do? Learn how develop emotional intelligence, by combining emotion and logic. Rewrite your "Emotional Script" and learn the ABC's of emotions.

**Ed Calligos**

**1:30 PM**

**Old Main, Room 124**

#### Adjusting to Life with Aging Parents

Juggling your own family, job and responsibilities becomes a real balancing act when you also find yourself faced with caring for aging parents, grand-parents or in-laws. This lecture will provide the crucial decision-making information families are starving to discover, suggest ways to have difficult conversations, provide hard-to-find resources, and simply equip and empower children with direction, goals, and relevant materials that you can utilize to find the right options for your family.

**Elaine Poker-Yount**

**1:00 pm**

**Old Main, Room 118**

#### First Aid & CPR Certification 3 hours

Participants learn to recognize and care for a variety of first aid emergencies, such as burns, cuts and scrapes, sudden illnesses, head neck and back injuries, and heat and cold emergencies as well as how to perform CPR and care for breathing and cardiac emergencies in adults and children. **Participants will earn a 2-year certification.**

**Jerry Goodman**

**11 am – 2pm**

**CTE Building, Room 718 & 723**

#### Personal Safety Awareness

Avoid being a victim of crime by being vigilant and taking common-sense precautions. In this workshop, you will learn tools from a Chandler Police Officer to increase the safety of you and your family.

**Chandler Police Department**

**11:30 AM & 12:30 PM**

**Old Main, Room 119**

#### This is Us

We live and work in a diverse world with individuals from cultures different than our own. Join us to learn how to be "culturally competent" in the workplace, grocery store or wherever you interact with people

**Sandy Cooper & Leanna Farmer**

**12:30 PM**

**Old Main, Room 124**