



The Community Coalition for Children

Wellness Intergenerational Conference October 31, 2018

Adult Workshop Choice Form

Please complete this form and return it to **Jodi Savage** at savagej@nfaschool.org no later than **October 19th** to be pre-registered. Workshop choices will be on a first come first serve basis. We will do our best to give you your top choices.

Please Print

Name _____

Email _____

Are you attending with a school or organization? Yes No

If Yes, which one? _____

Please mark your 4 top workshop choices for each session with number 1 being your top choice and number 4 being your last choice.

Session #1 10:30 – 11:20	# of Choice	Session #2 11:30 – 12:20	# of Choice
Gender 101 : What is Gender?		Healthy Relationships	
Getting Through the Witching Hour		Wake Up! Stand Up! Speak Up!	
The Struggle is R.E.A.L.		Building your Toolbox: A Discussion of Coping Skills and Self Care	
Stress Management / Breathing		Curiosity : A Catalyst for Quantum Leaps	
Getting in the “Flow” : Embracing Challenge in the Pursuit of Progress (and Happiness)		Reduce Anxiety / Stress Management	
No Artificial Flavors: A REAL LIFE TALK about this thing we call WELLNESS		Social Eyes Together	
Yoga		Laughter Yoga, Gratitude, Aromatherapy	
Labyrinth Walking Meditation		QPR – Question, Persuade, Refer : Helping to Save Lives	
		Wellness as a Tool in the Prevention of Drug and Alcohol Abuse	