

Department of Health and Physical Education  
Division of Science, Health and Business  
Professional Development – June 16, 2006  
Coping with Stress and Change at the Worksite – A Wellness Perspective  
Registration Form

Name \_\_\_\_\_

Department \_\_\_\_\_ E-Mail \_\_\_\_\_

Position (Faculty, Staff, Administration) \_\_\_\_\_

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Choose One Morning Breakout Session (10:30 – 12 Noon)

- \_\_\_\_\_ **Food/Fuel for the Body, Mind and Spirit**  
(Michelle Bartell, Hospitality)
- \_\_\_\_\_ **Managing Stress; Following a Path to a Healthy Heart**  
(Karen Cardillo, HPE)
- \_\_\_\_\_ **12 Steps to Well-Being; Body, Mind and Spirit**  
(Jim McKenna, HPE)
- \_\_\_\_\_ **Holistic Wellness – A New Framework**  
(Craig Rand, HPE)

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Will You be Eating Lunch?

Yes \_\_\_\_\_ No \_\_\_\_\_

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Choose Two Afternoon Activity Sessions (1:30 – 2:30 PM)

- \_\_\_\_\_ Labyrinth Walk
- \_\_\_\_\_ Meditation
- \_\_\_\_\_ Yoga
- \_\_\_\_\_ Tai Chi

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Are You Interested in a 10 Minute Chair Massage (2:45-3:30 PM)

Yes \_\_\_\_\_ No \_\_\_\_\_

***Return Registration Forms to Janet Townsend Dalke (Secretary, HPE)***  
***By June 1, 2006***  
***Attendance Limited to 200 people – Register Early!***

