

Presents in the tradition of John and Kitty Bowen:

# Wellness Class XIV

Reaching Out to All Students CTED 744

Conference/Course Format-

Daily Keynotes plus Concurrent Sessions taught by the team

Team Leaders: Juany Dahlen and Deborah Engen



**Displays**

SAMPLE OPTIONAL SESSIONS		
• Nutrition and Test Performance	• Prescriptions	• Humor
• Exercises you can use during the class time	• Practical techniques that work	• Writing Your Own Plan of Action to Deal With Stress
• Yoga and other exercises	• Discipline with Love and Logic	
• 10 Strategies to Decrease Stress in the Classroom	• How to Help the Geek, the Athlete, the Bully	*IEP's and testing situations
• Cooperative Learning	• Eating Disorders	
• Practical test taking ideas	• Financial Freedom	

**Swap Shop**



**BILL COLLAR**

**CHICK MOORMAN**

**CARL OLSON**

**MICHAEL WEBER**

**CASEY FITZRANDOLPH**

Gold Olympic Skater

*AND MANY, MANY MORE*

<b>When:</b>	<b>Section I</b> CRN 30788 June 21-25, 2010 8:00 a.m- 5:30 p.m.	<b>Where:</b>	<b>Section I</b> Racine Case High School 7345 Washington Avenue Racine, Wisconsin
<b>When:</b>	<b>Section II</b> CRN 30789 June 28- July 2, 2010 8:00 a.m- 5:30 p.m.	<b>Where:</b>	<b>Section II</b> McFarland High School 5103 Farwell Street McFarland, Wisconsin

**TUITION: \$595.00 for 3 GRADUATE CONTINUING EDUCATION CREDITS** All CTED courses carry continuing education graduate credits offered by the University of St. Thomas. Accredited by the North Central Association of Colleges and Schools (NCA) and the School of Education by the National Council for Accreditation of Teacher Education.

Mail this reservation form to:

Sherry Mills

CTCM

PO Box 25806

Colorado Springs, CO 80936

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

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

Phone #: \_\_\_\_\_

E mail: \_\_\_\_\_

**PREFERRED METHOD OF REGISTRATION: SEE BELOW**

Go to [www.attendigs.com](http://www.attendigs.com) and click on How to enroll

1. Follow the directions on filling out the online enrollment form.

2. Once finished make sure all data is correct. Click ENROLL button on bottom of form. You're done.

QUESTIONS about registration CALL: Sherry Mills at 1-877-447-7895 Questions about the class in McFarland call Deb Engen at 1-608-838-8777 for the Racine course questions call Juany Dahlen at 1-608-527-5807.