

CONTINUING EDUCATION OPPORTUNITY

LEARNING
PARTNERS

"Infusing Humor & Stress Management at Work"



Intended Audience:

- OTs or COTAs
- PTs or PTAs
- Speech-Language-Hearing
- ATCs
- Nurses
- Dietitians
- Hygienists
- Safety Professionals
- Engineers
- Architects
- Other Professionals

You are Invited to Attend...

**Thursday,
March 17, 2011**

(\$50 - includes lite dinner, 2-hr interactive presentation & CEU certificate)

**Erie 1 BOCES - Conference Center - Room B1
355 Harlem Road, West Seneca, NY 14224**

Program Agenda

- 4:30-5:00pm - Registration & Dinner
- 5:00-6:00pm - Stress: The Constant Challenge
- 6:00-7:00pm - Humor & Health



Shawna R. Dossler, MS, CWPM
President & CEO, BWI Health Promotions
Director, BWI National HP Training Institute
Health Educator & Exercise Physiologist

STRESS: THE CONSTANT CHALLENGE

Are you over stressed? Are your patients/clients over-stressed? This stress reduction workshop offers tools for managing stress and helping to reduce the constant challenges of stress in your everyday work-life. This program helps you define personal stressors, create plans for managing stress and experience relaxation techniques for yourself and others. Learn hands-on progressive muscle relaxation techniques, yoga moves and stress management skills for anytime or anywhere.

Learning Objectives:

- To identify personal stressors in life and employ appropriate coping mechanisms.
- To experience relaxation techniques that offer individual's relief from undo stress and tension in their life/work.



Linda J. O'Donnell, MEd
Education Director, BWI Health Promotions
Educator & Health Promotion Specialist

HUMOR & HEALTH

This health & wellness program highlights the role of humor and positive psychology in shaping overall well-being. Learn how to enhance YOUR sense of humor and use it to enhance your patient or client practice... Humor is useful in building a rapport with your patients/clients and to improve relationships in both your personal and professional life. Humor can be used in team building, stress reduction and can help prevent burnout.

Learning Objectives:

- To describe how negative life events can be viewed from a positive perspective.
- To describe how humor can serve as a catalyst in team building, promoting positive interpersonal interactions with others and preventing stress and "burnout" at work.

CEUs Approved:

[2.0 Contact Hours]

- .20 IACET CEUs
- 2.5 OT PDU's
- .24 NYS-PT CEUs
- 2.0 BOC CEUs

REGISTRATION DETAILS:

Cost: \$50.00 per person

Registration Deadline: March 11, 2011

- No refunds after this date; full refunds will be given prior.
- You must be pre-registered to be guaranteed a conference packet with handouts.
- Late and Walk-In Registration if available: Additional \$10 added to above fees.

Registration: Online registration at www.learningpartners2.com. See attached form for registration information.

Questions: Contact Learning Partners at info@learningpartners2.com.

Thank you and we look forward to seeing you at the program. ~ Learning Partners & BWI.

CONTINUING EDUCATION UNITS:

Educational Method: Lecture.

Assessment of Learning: Outcome-responses required.

Level: Intermediate for Continuing Education Units (CEUs).

Learning Partners has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Rd., Suite 500, McLean, VA 22102. In obtaining this approval, Learning Partners has demonstrated that it complies with the ANSI/IACET Standards which are widely recognized as standards of good practice internationally. ~ Learning Partners is recognized by the N.Y.S. Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. ~ Learning Partners is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 2 hours of Category 1-Essential continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC Approved Provider Number: P3791.