**Early Morning Workshops- 8 a.m. to 10 a.m.**

***Workshop A-Labyrinths-Take a Walk on the Mild Side* (Offered again at 1 p.m.)** This workshop introduces the labyrinth as a walking meditation and looks at the benefits and uses of the labyrinth in order to promote positive mental health. Bring comfortable shoes to walk our outdoor labyrinth.

***Workshop B- I’m salivating to the sound of my iphone. What has Pavlov done to me? Stress in work and home life.* (Offered again at 1 p.m.)** Personal electronic devises have rapidly transformed how we live, learn and work. Technology is changing who we are and how we behave in critical ways.This session will explore the stress associated with the technological interconnectivity of our work and home life and strategies to promote optimum health and wellness. .

**Mid Morning Workshops- 10 a.m. to Noon**

***Workshop C-Mindfulness and Relaxation Strategies* (Offered at this time only)** Compassion fatigue happens when we lose our own balance as care giving professionals. In this workshop participants will learn 5 practical strategies to become more mindful and relaxed.

***Workshop D-Fitting Fitness into Your Life* (Offered again at 3 p.m.)** We all recognize the importance of daily physical activity in maintaining a healthy life. This workshop will give you practical tips and solutions for fitting fitness into your life.

***Workshop E-Healthy Boundaries for a Healthy Life* (Offered again at 1 p.m.)** Establishing and maintaining boundaries is essential to healthy relationships. This workshop will help participants recognize when boundaries are being breached and how to establish and maintain healthy boundaries in both their personal and professional lives.

**NOON to 1 P.M. LUNCH BREAK -Snacks and drinks will be available in the morning and afternoon but lunch will not be provided.**

**Early Afternoon Workshops- 1 p.m. to 3 p.m.**

***Workshop F-Labyrinths-Take a Walk on the Mild Side (*Also offered at 8 a.m.)**  This workshop introduces the labyrinth as a walking meditation and looks at the benefits and uses of the labyrinth in order to promote positive mental health. Bring comfortable shoes to walk our outdoor labyrinth.

***Workshop G- I’m salivating to the sound of my iphone. What has Pavlov done to me? Stress in work and home life.* (Also offered at 8 a.m.)** Personal electronic devises have rapidly transformed how we live, learn and work. Technology is changing who we are and how we behave in critical ways.This session will explore the stress associated with the technological interconnectivity of our work and home life and strategies to promote optimum health and wellness.

***Workshop H-Healthy Boundaries for a Healthy Life* (Also offered at 10 a.m.)** Establishing and maintaining boundaries is essential to healthy relationships. This workshop will help participants recognize when boundaries are being breached and how to establish and maintain healthy boundaries in both their personal and professional lives. .

**Late Afternoon Workshops- 3 p.m. to 5 p.m.**

***Workshop I-Change Your Mind, Change Your Mood*** (**Only Offered at This Time)** How we feel reflects what we think; in this workshop the facilitator will illustrate the relationship between thoughts, actions and feelings and guide you through an exploration of your own assumptions.

***Workshop J-Fitting Fitness into Your Life* (Also offered at 10 a.m.)** We all recognize the importance of daily physical activity in maiming a healthy life. This workshop will give you practical tips and solutions for fitting fitness into your life..

Sign Up Sheets are at C119H. Deadline to sign up for a workshop is October 17th and workshops are limited to 20 people. Contact Gisele Beausoleil, Ellen Sheepway or Kathleen Cameron for more information.