

The 2011 Employee and Retiree Wellness Conference

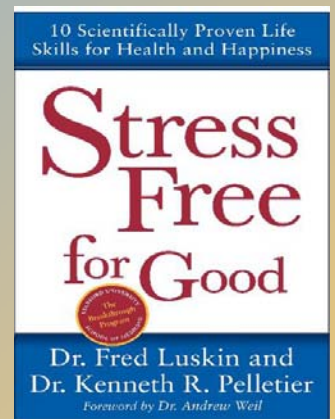
Thursday, March 24, 2011

***“A Day of Wellness;
A Lifetime of Benefit!”***



Wellness Expert **Dr. Fred Luskin** returns to the City of San José for an inspiring keynote presentation, Council Chamber; 9:00 a.m.

Dr. Luskin will teach us about the importance of knowing and using strategies for self-care and stress management in the workplace and in our personal lives.



Plus!

1-Hour Workshops;
10:45 a.m. — 4:45 p.m.

– and –

Wellness Screenings;
11:00 a.m. — 2:00 p.m.

Sample Workshop Titles:

- HEALTHY & DELICIOUS MEALS
- WORK PLACE COMMUNICATIONS
- THE POWER OF MEDITATION
- HULA HOOPING FOR FITNESS
- WHAT'S YOUR WORK STYLE?
- ARE YOU TIRED OF SMOKING?
- WORK STRATIGIES FOR PARENTS
- FOAM ROLLER EXERCISES
- BUILDING RESILIANCE
- WHY RAW FOODS?
- HUMOR FOR HEALTH
- MEDEXPERT DISCUSSION
- BRAIN FITNESS
- THE FRUIT GUYS & MORE!



Visit <http://www.sanjoseca.gov/wellness/WellnessConference.asp> to view the entire day's schedule and register.
For more info, email: wellnessin-box@sanjoseca.gov