Breakouts — Session 1
10:15 am to 10:45 am

WCC 236 — Fill the Gap … with Goals
Presented by Michael Miller. Join us for a journey towards improvement! First, we'll look at today and our current issues. Then, we'll look at tomorrow - our vision of what we really want! Together, we'll fill the gap between what is and what could be with concrete actions that will improve our ability live and work with more direction and more satisfaction. Come prepared to work - this is a fast moving session!

WCC 230 — Portion Distortion

WCC 233 — Eating Organic & Local
Presented by Mary Upham. Organic and local are hot buzzwords these days, but what do they really mean? Get the scoop on why all food is not created equal and the difference it will make for you, your family, and the local economy.

WCC 235 — Personal Stress Management
Presented by the Wellness Corporation. This program provides a comprehensive overview of the impact of stress and the factors involved in stress management. It focuses on the effects of stress and how individuals can cope.

WCC 165 — MIND OVER MADNESS: THE POWER of PILATES and YOGA
Presented by Diane Keefer. We can bring balance into our lives by becoming more mindful, quieting the mind and connecting with our body. Yoga and Pilates are a perfect foundation for everyone. Yoga will help you stretch and release tension and Pilates will strengthen your core.

Breakouts — Session 2
11:00 am to 11:30 am

WCC 236 — Fill the Gap … with Goals
Repeat from Session 1

WCC 230 — Portion Distortion
Repeat from Session 1

WCC 233 — Optimizing Sleep
Presented by Drew Weis. Learn how to make the most of your sleep as we explore the structure of sleep cycles, factors that improve and hinder sleep, and using a sleep diary to make a personalized sleep cycle chart.

Presented by the Wellness Corporation. This program examines the difficult task of balancing the demands of work and family. It helps participants to identify the sources of work and family stress and develop skills to become more organized and efficient with their time and energy.

WCC 165 — Zumba
Presented by Cathy Flicek. Come and try Zumba, a new fitness work-out that’s spreading like wildfire. Zumba incorporates fitness and dance moves with energizing Latin and international music to give you a very effective cardio and muscle-toning workout. The moves are easy to follow and so much fun that you won’t even realize you are exercising. All abilities welcome - come join in the fun!

Health Fair
10 am — Noon
CAMS Hallway (WCC 125)

• Carleton Rec Center
• Northfield Hospital
• Northfield EMS (offering First Aid Kits and Bike Helmets for purchase with cash or check)
• Blue Cross / Blue Shield Massage Therapists (10 min. Head/Neck/Shoulder Massages, sign-up at Registration)
• Northfield Park N Rec
• And more ...