

Promoting Respect & Raising Awareness **TRAINING!** at the 2015 Franklin County Wellness Conference

PRESENTING:



*Melissa Plotkin, Director
of Diversity and Organiza-
tional Development of the
York Jewish Community
Center*

Session descriptions

Bias Awareness

This session will allow participants to become aware of personal biases and the impact of bias words and actions in the workplace and provide resources for participants to explore their biases and further promote a respectful work climate.

Socioeconomic diversity

This session will use activities and small group discussions to aid participants in understanding the dynamics of poverty and its impact on consumers and clients.

Lesbian, Gay, Bisexual, Transgender (LGBT) diversity

This session will engage participants with LGBT vocabulary, components of sexual identity, resources and a deeper understanding of being LGBT in today's society.

DATE: MAY 8th

TIME: 9 AM– 2 PM

PLACE: King Street Church 162 East King
Street, Chambersburg, PA

Who Should Attend:

- those working in or around the mental health system;
- people receiving services;
- human service workers
- Everyone!

This training is open to everyone. The cost of this training is free to all Franklin and Fulton County residents. The cost to out of county residents is \$5 per person. Lunch is provided.



The 2015 Franklin County Wellness Conference is sponsored by the Community Support Program of the Mental Health Association with funding through the Franklin/Fulton MHIDEI program.

2015 Franklin County Wellness Conference

Promoting Respect & Raising Awareness

REGISTRATION FORM

RSVP BY MAY 1

<p><u>Date & Time</u> Friday, May 8 9:00 AM to 2:00 PM</p>	<p><u>Date & Time</u> Friday, May 8 9:00 AM to 2:00 PM</p>	<p><u>Date & Time</u> Friday, May 8 9:00 AM to 2:00 PM</p>
<p><u>Conference Location</u></p>	<p><u>Conference Location</u></p>	<p><u>Conference Location</u></p>
<p><u>King Street Church</u> 162 E. King Street <u>Chambersburg, Pa</u></p>	<p><u>King Street Church</u> 162 E. King Street <u>Chambersburg, Pa</u></p>	<p><u>King Street Church</u> 162 E. King Street <u>Chambersburg, Pa</u></p>
<p>RSVP by May 1st See reverse side for details</p>	<p>RSVP by May 1st See reverse side for details</p>	<p>RSVP by May 1st See reverse side for details</p>
<p>Name</p> <input type="text"/>	<p>Name</p> <input type="text"/>	<p>Name</p> <input type="text"/>
<p>Address <input type="text"/></p>	<p>Address <input type="text"/></p>	<p>Address <input type="text"/></p>
<p>County <input type="text"/></p>	<p>County <input type="text"/></p>	<p>County <input type="text"/></p>
<p>Phone # <input type="text"/></p>	<p>Phone # <input type="text"/></p>	<p>Phone # <input type="text"/></p>
<p>E-mail <input type="text"/></p>	<p>E-mail <input type="text"/></p>	<p>E-mail <input type="text"/></p>

PLEASE FAX YOUR REGISTRATION FORM TO: 717-264-3591 or E-mail: bmunch@mhaff.org
MAIL to: Wellness Conference; C/O MHA; 478 Grant Street; Chambersburg, PA 17201 or
Drop-Off At MHA office or New Visions Clubhouse or Keystone Education Center

These Exciting Sessions will be held at this year's conference!



Keynote: Dianne Elsom "This Precious Present; Inspiring the Human Spirit Within."

The precious present is available to any of us, the moment of Now. Our own unique gifts, spirit and smiles all lie within a very special and beautiful space that exists amidst the many distractions and pressures around us. Dianne describes with simplicity and clarity how to access that center space and how having the awareness and knowledge of a Mindfulness Meditation practice allows one to say "yes" to life with courage and confidence. Dianne is a Certified Meditation Facilitator and an outpatient psychotherapist at her private practice, CenterPoint Counseling and Consulting, in Chambersburg.

Putting the Puzzle Together

Learn how natural supports 'keep it all together?' How do we win the battle of trying to keep all things in balance professionally and personally?

Surprising Benefits of Volunteering

The benefits of volunteering are enormous to you, your family, and your community. Learn how it can help protect your mental and physical health.

Mindfulness with a Heart

The heart isn't just for sentiment, the heart talks to the rest of the body and positive feelings often begin in the heart. Mindfulness techniques can help control the hearts rhythm for a more "present" awareness.

Meditation

Learn how to meditate through Mindfulness-based Stress Reduction (MBSR) followed by a tea tasting and discussion.

Awareness Through Motions

Many aspects of the body can be brought under our control using gentle movements with the Feldenkrais method. Join us to get a better sense of your body and improved posture and alignment.

Imperfect Harmony

Incorporate singing for your wellbeing. When used properly, music can be an incredibly powerful wellness tool. Music is fun relaxing and motivating, and has a profound impact on our brains and our bodies.

Gardening for Health

Plants provide appealing, adaptable ways to transform the environment that we live in. Reap the rewards gardening provides mentally and physically.

Creative Art

with Martha Nolder
Art has the ability to bring peace to the mind. You don't need to be an artist to receive the benefits of creating art, join in the fun.

Alleviating Anxiety & Stress

Learn and be guided in these hands-on exercises with mindfulness practices which can be applied to everyday living. Notice when you experience unwanted effects of stress or worry and take action. Today!

JCC Diversity Training

Bias Awareness

Identify personal bias and the impact of bias language and actions in the workplace.

Socioeconomic Diversity

Activities and small group discussions will focus on the dynamics of poverty and its impact on individuals.

LGBT Diversity

Lesbian, Gay, Bisexual & Transgender
Gain a deeper understanding of being LGBT in today's society, looking at vocabulary, sexual identity and resources available.

Wellness Conference

May 8, 2015

**Bridging
Health
and
Your
Environment**

Sponsored by the
**Franklin/Fulton
Community Support Program**
with funding from the
Mental Health Association
through support from
Franklin/Fulton MH/ID/EI

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REGISTRATION FORM - You may select classes from the conference and/or the JCC Diversity training.

Date & Time

Friday, May 8

9:00 AM to 2:00 PM

Conference Location

King Street Church

162 E. King Street
Chambersburg, Pa

RSVP by May 1st

See reverse side for details

Name

Address

County

Phone

E-mail

Time	Place X next to choice	Track I Power of One	Place X next to choice	Track II Body at Ease	Place X next to choice	Track III Spirit of Growth
8:30 to 9:00	X	Registration	X	Registration	X	Registration
9:00 to 10:00	All Conference Attendees will meet for the Keynote Speaker What does it mean to live fully in the present moment? It means that your awareness is completely centered on the here and now. Dianne Elsom presents <u>"This Precious Present; Inspiring the Human Spirit Within."</u>					
10:00 to 10:50	<input type="checkbox"/>	<u>Piecing the Puzzle Together</u> Natasha Kara	<input type="checkbox"/>	<u>Imperfect Harmony</u> CV School of Music	<input type="checkbox"/>	<u>Gardening for Health</u> Bill Dorman & Kim Wertz
11:00 to 11:50	<input type="checkbox"/>	<u>Surprising Benefits of Volunteering</u> Tracy Radtke	<input type="checkbox"/>	<u>Awareness through Motion</u> Nancy Norwood	<input type="checkbox"/>	<u>Meditation</u> Dr. Tomoko Grabosky
12:00 to 12:50	If you live or work in Franklin or Fulton Co. lunch is Free Check here for lunch \$5.00 lunch fee applies to all others, payable at registration table by cash or check. <input type="checkbox"/>					
1:00 To 2:00	<input type="checkbox"/>	<u>Mindfulness with a Heart</u> Michelle Little	<input type="checkbox"/>	<u>Art Therapy</u> Martha Nolder	<input type="checkbox"/>	<u>Alleviating Anxiety & Stress</u> Dianne Elsom

Promoting Respect & Raising Awareness Training by JCC Diversity Program

Focusing on respecting differences. Break down the walls of misunderstanding and reduce stereotyping and discrimination.

10:00 - 10:50
Bias Awareness

11:00 - 11:50
Socioeconomic Diversity

1:00 - 2:00
LGBT Diversity