

Workshop Descriptions

| # | Description | Category |
|----|---|--|
| #1 | <p>Facilitator(s): Cathleen Ferguson and Lauren Meyer (Hommocks PE Teachers) Title of Workshop: <u>Clueless about Kayaking?? Come learn the BASICS</u> Audience: All Workshop Description: Be Introduced to the basic use of a single person kayak . Learn stroke work, stopping, and turning. Learn the components of the kayak as well as how to enter and exit the water. We'll have some fun.</p> | Lifelong Physical Activity |
| #2 | <p>Facilitator(s): Erika Krokus (Central PE Teacher) Title of Workshop: <u>Classroom Fitness</u> Audience: ES Workshop Description: Enjoy a workshop of fitness, exercise, and brain break activities that allow students a pause from academics. Movement is known to stimulate better academic focus. These activities can help make a busy day productive!</p> | Helping Our Students |
| #3 | <p>Facilitator(s): Cheryl Brause (Parent & Founder of 2bpresent) Title of Workshop: <u>Be Your Best Self</u> Audience: All Workshop Description: We are all busy, running around, trying to accomplish so much, with so little time to fit it all in. Together we will look at the latest research in the fields of Neuroscience and Psychology, combined with Mindful Awareness practices to learn new skills and tools to thrive at work and in life. How do the principles of Mindfulness and Emotional Intelligence help you become great leaders and role models, and reconnect to your passion at work? In this interactive session, we will learn tools to lower stress, raise self-awareness, better understand emotional responses, create a greater sense of clarity and calm, and connect to our purpose and goals. We will discuss and practice simple ways to slow down, be more present and create greater balance, connection and joy inside and outside of the classroom.</p> | Lifestyle Change |
| #4 | <p>Facilitator(s): Evan Madin (MHS English Teacher) and Marti Wolfson Title of Workshop: <u>When a Teacher Marries a Chef--Balancing Mind, Body, and Nutrition</u> Audience: HS Workshop Description: Proper nutrition and regular stress reduction practices benefit our emotional and physical being. Educators will discover some practical ways to include healthy foods and mindful practices into their daily routine. English Teacher Evan Madin and Culinary Wellness Educator/Chef Marti Wolfson will review these practices, as well as share some recipes for healthy snacks and lunches during the school day.</p> | Nutrition & Weight Management |
| #5 | <p>Facilitator(s): Katie Nagrotsky, Samantha Gutterman and Ruth Layne (Hommocks Teachers) Title of Workshop: <u>What's in Your Bag of Tricks? High Leverage and Engaging Activities</u> Audience: MS Workshop Description: We all know that planning lessons that meet the needs of all students can be very stressful. This workshop uses strategies from the Quality Teaching for English Learners Summer Institute, emphasizing teaching in three moments: preparing, interacting and extending. The presenters share a framework for planning that responds to the question, "Why am I working harder than my students?" The workshop will take a hands on approach to learning in which participants implement strategies that are applicable to students with a variety of learning needs.</p> | Helping Our Students |
| #6 | <p>Facilitator(s): Taryn Delaney and Tina Pantginis (MHS Math and Library Teachers) Title of Workshop: <u>You Have to Read This!</u> Audience: All Workshop Description: Find out about wonderful health and wellness books to enrich your lives and (hopefully!) your students. Hear a few book talks, experience a gallery walk, and have a small group discussion sharing health and wellness resources. (Sort of like goodreads, only in person!) In addition, we will be highlighting resources available in the Mamaroneck Library System, and perhaps inspiring some new additions to classroom libraries.</p> | Nurturing Yourself Through Art & Literature |

| | | |
|-----|---|---|
| #7 | <p>Facilitator(s): Ilona Shinkar (Shinkar Life Coaching) Title of Workshop: <u>Declutter Your Life and Make Room for What Matters</u> Audience: All Workshop Description: This workshop will create space for all attendees to stop, pause and reflect on "what matters to us at the core". We will revisit our values, as teachers, and how our deep-held values guide us in creating a fulfilling life, achieving our immediate and long term goals. We will learn to pay attention to what matters at the heart level and learn to declutter what doesn't serve anymore, so more space is created for activities that bring us life force and energy. This workshop is for all who would like to move forward, closer to their goals in 2015.</p> | Lifestyle Change |
| #8 | <p>Facilitator(s): Linda Darin and Hilde Friderichs (MAS & Hommocks Parents) Title of Workshop: <u>Mindfulness in Schools</u> Audience: All Workshop Description: Participants will hear an introduction & overview about teaching mindfulness in schools as well as practice selected mindfulness techniques in a group setting. The goal of this workshop is that participants leave inspired and encouraged to bring mindfulness to the classroom and/or their homes.</p> | Mindfulness Meditation |
| #9 | <p>Facilitator(s): Elizabeth Dillon and Betsy Nolan (Murray 3rd grade teachers) Title of Workshop: <u>Play: Its Purpose and Power</u> Audience: ES Workshop Description: Small group discussions will focus on two key questions: How does play foster creativity for both children and adults? And, how is play valued and encouraged in our classroom? Participants will receive literature (articles and chapters from relevant sources) to read before the session.</p> | Helping Our Students |
| #10 | <p>Facilitator(s): Samantha Billig and Erin Byron (MHS Teachers) Title of Workshop: <u>Clean Eating</u> Audience: All Workshop Description: How can you eat without chemicals, preservatives, or additives? This lesson includes a Prezi presentation on how to read food labels and avoid the "dangers" put into our everyday food. Participates will then move into the kitchens to complete 5 clean recipes.</p> | Nutrition & Weight Management |
| #11 | <p>Facilitator(s): Kirsten Porto and Michelle Vestal (Elementary Art Teachers) Title of Workshop: <u>Mixed Media Journals</u> Audience: All Workshop Description: Participants will explore a variety of mediums and techniques to create interesting and inspiring visual journal entries. Through hands-on experience, participants will "get in the zone" by being led through a mindful art making activity and together, we will brainstorm ways that visual journaling can be used in the classroom with students of all ages. Come find your creative flow and then help your students do the same!</p> | Nurturing Yourself Through Art & Literature |
| #12 | <p>Facilitator(s): Avra Blieden Title of Workshop: <u>Tune In & Tune Up with Self -Healing</u> Audience: All Workshop Description: This is an introduction to self-acupressure, reflexology, and Qi Gong (energy moving exercises). You will learn how these techniques may help physical ailments, such as sinuses and stomach aches. This is an interactive workshop. Participants will locate points on their self and join in some Qi Gong exercises. It will leave you feeling calm and peaceful.</p> | Health Topics |
| #13 | <p>Facilitator(s): Ann Rushe and Andrew Hess (MHS Speech Therapist & Assistive Technology Coach) Title of Workshop: <u>Fit Life-Technology to Improve and Track your Health and Fitness</u> Audience: All Workshop Description: Come explore and share apps to help you improve your overall health and reach your fitness goals!</p> | Helping Our Students |

| | | |
|-----|---|---|
| #14 | <p>Facilitator(s): Emily Dombroff (MHS TV & Video Production Teacher) Title of Workshop: <u>Creating a Safe Space for Students: A Closer look at Sexuality & Gender</u> Audience: All Workshop Description: Over the past few years LGBTQ issues have come to the forefront of the media and our everyday lives. As teachers, it is imperative that our language and the climate in our classrooms remain inclusive and respectful of all students. In discussion format, teachers will start to break down the gender binary and learn about gender variance, including transgender and how to address this within the classroom. The goal is for teachers to adopt and then put into practice language and practices which are inclusive for students of all genders and sexuality and to make all students feel comfortable and safe in their learning environment.</p> | Helping Our Students |
| #15 | <p>Facilitator(s): Laurie Wolk (from Life Coach) Title of Workshop: <u>Communicating with Confidence</u> Audience: HS Workshop Description: Join an interactive workshop in which you will learn four essential steps to having a difficult conversation. Whether it be a tough conversation with a friend or a family member, this seminar will give you the tools (and the confidence) to express how you feel. Using references to pop culture, connect with teens both as a mentor and a friend, helping them gain confidence and courage to ask for what they need so that they can thrive in school and in life. Laurie Wolk is a Child and Teen Leadership Coach.</p> | Lifestyle Change |
| #16 | <p>Facilitator(s): Roberta Brown-Brugo (Greenwich Hospital) Title of Workshop: <u>Music and Meditation</u> Audience: All Workshop Description: Experience a yoga based meditation with different instruments to provide a deep relaxing and healing environment, offering a mental break from the stresses of the day.</p> | Mindfulness Meditation |
| #17 | <p>Facilitator(s): Kate Melei (Greenwich Hospital) Title of Workshop: <u>Managing Your Weight: Nutritional, Psychological, and Surgical Options</u> Audience: All Workshop Description: Learn tips on different strategies to manage a healthy weight. We will explore diet, mind set, and surgical options to achieve your goal.</p> | Nutrition & Weight Management |
| #18 | <p>Facilitator(s): Daniel Stearns (Owner of Empire State CrossFit) Title of Workshop: <u>Introduction to CrossFit</u> Audience: All Workshop Description: Learn about the benefits of CrossFit & High Intensity training. Discover the importance of proper technique & having a knowledgeable coach to teach and guide you.</p> | Fitness |
| #19 | <p>Facilitator(s): Danielle Panaro (MHS PE Teacher) Title of Workshop: <u>Roll It Out</u> Audience: All Workshop Description: Ever wonder how to alleviate muscle soreness more quickly after exercising? Do you want to improve your flexibility and posture at the same time? Come learn about foam rolling, which applies the restorative measure of “myofascial release” to loosen up your muscles and fascial tissue and make you feel brand new. Myofascial release can correct muscle imbalances, improve joint range of motion, relieve muscle soreness and joint stress, and just simply make you feel better! In addition, we will cover posture and spinal alignment using the foam roller that will leave you sitting up straight in your chair and walking tall.</p> | Fitness |
| #20 | <p>Facilitator(s): Lisa Ramos-Hillegers (Hommocks Literacy Coach) Title of Workshop: <u>Physical, Social, and Cognitive Benefits of Pleasure Reading</u> Audience: All Workshop Description: Review the current and compelling evidence linking pleasure reading to physical, social, and cognitive benefits. You will interact and discuss reading habits and recommend books. Gain tips for helping to incorporate (or keep) pleasure reading as a regular part of a healthy lifestyle, as well as resources for finding the next great books to read. Develop or strengthen your own reading lives for a healthier lifestyle. Parents will also have the added benefit of discussing ways to promote pleasure reading as part of a balanced healthy lifestyle choice within their families.</p> | Nurturing Yourself Through Art & Literature |

| | | |
|-----|---|---|
| #21 | <p>Facilitator(s): Dana Forman (Central AIS Teacher) Title of Workshop: <u>Introduction to Hoop Dance</u> Audience: All Workshop Description: Hoop dance, often called “hooping,” is an aerobic art form that utilizes an adult sized weighted hula hoop to help you clear your mind, tone your body and ignite your spirit! While strengthening the core and toning the body, hoop dance calms and quiets the mind. The soft and steady motion of moving within your hoop can provide a peaceful meditation in which stress is reduced and creative self-expression revealed. For many of its practitioners, it is a way to achieve the mind-state known as “flow”, a state of optimal experience, also known as "the zone" or getting in a groove.</p> | Fitness |
| #22 | <p>Facilitator(s): Julie Santoiemma, Kathleen Degnan and Vin Minotti (MUFSD Health Teachers) Title of Workshop: <u>Take Action, Start SMART: Setting Achievable Health Goals to Fit Your Lifestyle</u> Audience: All Workshop Description: Take the opportunity to assess personal wellness and learn how to set SMART goals to jumpstart new healthy habits. You'll have time to research and plan ways to incorporate health goals into your everyday lives.</p> <p>Learn the three components of wellness and how overall health is not just the absence of sickness but a balance of physical, mental and social wellbeing. Create a personal health triangle, recognizing your strengths and areas in which you can improve.</p> | Lifestyle Change |
| #23 | <p>Facilitator(s): Erin Byron (MHS PE Teacher) Title of Workshop: <u>Nature Walk- Cultivating Awareness</u> Audience: All Workshop Description: -Henry David Thoreau said “When we walk we naturally go to the fields and woods; what would become of us if we walked only in a garden or a mall.”</p> <p>There are many types of walks one can take. Our focus on this walk will be cultivating awareness of one's surroundings, being present, and getting one's Heart Rate into a healthy range for maximum benefit. We will walk to either the Harbor or Flint Park.</p> | Lifelong Physical Activity |
| #24 | <p>Facilitator(s): Aaron Shansky and Bill Derby (MHS English & Music Teachers) Title of Workshop: <u>Working with Dreams</u> Audience: All Workshop Description: Interested in what meaning your dreams may have? We'll share our experiences keeping dream journals, discuss theoretical perspectives, and useful resources. Then, we'll do dream work together, trying out different approaches. Everyone is welcome, whether you remember your dreams or not.</p> | Nurturing Yourself Through Art & Literature |
| #25 | <p>Facilitator(s): Denise Addorisio (Greenwich Hospital) Title of Workshop: <u>Food & Mood</u> Audience: All Workshop Description: We'll discuss how psychological mood influences nutritional choices. We'll think about how to make healthy choices and recognize triggers that may lead to poor food choices.</p> | Nutrition & Weight Management |
| #26 | <p>Facilitator(s): Kathleen Dwyer and Diane Nelson (Murray PE Teacher and Hommocks home and career skills teacher) Title of Workshop: <u>The Art and Science of Weight Loss</u> Audience: All Workshop Description: Learn the basics of weight management and develop strategies to make healthy lifestyle choices with your personal diet and exercise. Fad diets and exercise trends will be discussed, as well as those in the news that have been proven to work. Explore nutrients, supplements, portion control, exercise FITT principles, and technology that will help you achieve your best physical self.</p> | Nutrition & Weight Management |
| #27 | <p>Facilitator(s): Dr. Ernie Lombardi (PGA, North White Plains Chiropractic) Title of Workshop: <u>Pain-Free Golf</u> Audience: All Workshop Description: Understand proper golf physical conditioning to reduce pain and enhance golf play with an emphasis on the importance of strength, flexibility, balance and endurance. Review common swing faults, golf injuries and physical screening. Dr. Lombardi is a staff chiropractor for the PGA, and a golf enthusiast.</p> | Lifelong Physical Activity |

| | | |
|-----|---|----------------------------|
| #28 | <p>Facilitator(s): Leigh-Ann Pieragostini and Carol Moroney (Murray 5th & 4th Grade Teachers)</p> <p>Title of Workshop: <u>Get Fit in 30</u></p> <p>Audience: All</p> <p>Workshop Description: This is a general full-body exercise class geared towards all fitness levels. Through this course you will learn a variety of exercises that you will be able to use on a daily basis within 30 minutes. These exercises require no equipment or weights and rely solely on your own body weight to achieve strength. The goal is to provide you with exercises and routines that you can do on your own. Get ready to practice, learn, have fun, and get fit!</p> | Fitness |
| #29 | <p>Facilitator(s): David Wilson (Westchester Cycle Club)</p> <p>Title of Workshop: <u>Recreational Biking in Westchester</u></p> <p>Audience: All</p> <p>Workshop Description: Hear about all the opportunities the Westchester Cycle Club has for bikers in the area. Calendars, maps, and events will be shared with you.</p> | Lifelong Physical Activity |
| #30 | <p>Facilitator(s): Jonathan Lieberman, M.D., M.P.T.</p> <p>Title of Workshop: <u>"NEARER THAN FURTHER: Lessons From An Unlikely Ironman"</u></p> <p>Audience: All</p> <p>Workshop Description: Dr. Lieberman will share his story of going from a 241 lb couch potato who smoked to crossing the finish line of the Hawaii Ironman in 2011. He will discuss various aspects of health and wellness including exercise (with a focus on becoming a triathlete during fellowship, while overcoming a lifelong fear of the water), diet, mental toughness, perseverance, and emotional/spiritual well-being. He will also address the multiple challenges to our health that we face daily, and present multiple practical and simple strategies of handling adversity that life throws at us as busy professionals and parents.</p> | Lifestyle Change |
| #31 | <p>Facilitator(s): Kim Izzarelli (MUFSD Personnel Assistant)</p> <p>Title of Workshop: <u>Bending the Health Care Cost Curve</u></p> <p>Audience: All</p> <p>Workshop Description: Fact: 75 Cents of every health care dollar spent in this country goes to chronic medical issues that are PREVENTABLE, such as: Hypertension, heart disease, diabetes and obesity. If we, as district employees, can make a collaborative effort to bend the health care cost curve, the return on investment to ourselves and our children, is substantial. We have the ability to change the future, if we start today.</p> | Health Topics |
| #32 | <p>Facilitator(s): Jen Dorf (Parent)</p> <p>Title of Workshop: <u>Right after Lunch</u></p> <p>Audience: All</p> <p>Workshop Description: Learn Six Simple Steps to Nourish Your Mind and Body so you feel more energetic, balanced, and joyful. Learn simple steps to sleep better, increase their energy, feel lighter and happier on a day to day basis. The format is interactive with simple written exercises to help you create new routines in your daily lives.</p> | Mindfulness Meditation |
| #33 | <p>Facilitator(s): Linda Darin (Parent)</p> <p>Title of Workshop: <u>Stress Management</u></p> <p>Audience: All</p> <p>Workshop Description: Usually stress is a warning to our body and mind that it needs to fight or run. Stress affects almost every organ of our body. Holistic Healing NY helps the individual slow down the body from fight or flight to calm and peace. We'll explore The Darin Method looking for patterns, belief systems and emotional chaos that is keeping the body in stress. We'll help to calm, balance and harmonize the body with different healing modalities such as reiki, chakra balancing, energy healing and color-light-sound healing.</p> | Mindfulness Meditation |
| #34 | <p>Facilitator(s): Michael Chiapparelli (MHS PE Teacher)</p> <p>Title of Workshop: <u>Ballroom Dance for Beginners</u></p> <p>Audience: All</p> <p>Workshop Description: Dance is one of those activities you can enjoy at any age, burn calories, and have a wonderful time with a partner. Learn the basics on the dance floor for the Waltz, Tango, and Merengue. Social etiquette will be covered.</p> | Lifelong Physical Activity |
| #35 | <p>Facilitator(s): Jonathan Lieberman, M. D.</p> <p>Title of Workshop: <u>Journey to the Starting Line</u></p> <p>Audience: All</p> <p>Workshop Description: Physician Jonathan Lieberman, a featured Ironman in Runners' World will present his experience with major lifestyle change. All about how a lanky kid from Ossining who didn't know how to swim ended up on the stage of the world's toughest endurance event. He will discuss challenges he face, obstacles he overcame, and strategies used to transform</p> | Lifestyle Change |

| | | |
|-----|--|----------------------------|
| | himself from a clinically depressed 241 pound ex-smoker to having successfully completed the 2011 Hawaii Ironman World Championship. | |
| #36 | <p>Facilitator(s): Ellen Raskin (Parent)</p> <p>Title of Workshop: <u>Meditation</u></p> <p>Audience: All</p> <p>Workshop Description: An opportunity for beginning and experienced meditators, including mindfulness, lovingkindness, and walking meditation. Individual interviews will be introduced as time allows. We'll work to cultivate true happiness in ourselves and genuine compassion for others.</p> | Mindfulness Meditation |
| #37 | <p>Facilitator(s): Sean Fitzpatrick and Cory Schwarzkopf (One2One Personal Training)</p> <p>Title of Workshop: <u>One2One Elements of Fitness and Exercise</u></p> <p>Audience: All</p> <p>Workshop Description: Identify and discuss four major components of fitness and exercise: Regular Movement, Resistance/Strength Training, Cardiovascular Awareness, and Personalized Approaches. We will discuss definitions, give examples, identify practical approaches, and save some time for questions.</p> | Fitness |
| #38 | <p>Facilitator(s): Dr. Seth Pearl, D.C.</p> <p>Title of Workshop: <u>Healthy Body, Healthy Life</u></p> <p>Audience: All</p> <p>Workshop Description: "Back to School!" is typically a time of celebration for most parents and teachers. For some, it means back to ear infections, sinus infections, cough and colds. We'll explore and explain the true causes of immune weaknesses. Most importantly, gain direction and an understanding of how to get your nervous system balanced and healthy again. No soap boxes, just the latest science and strategies to transform your life, and the lives of your children.</p> | Health Topics |
| #39 | <p>Facilitator(s): Kevin Klein (MHS Art Teacher)</p> <p>Title of Workshop: <u>Running for Fitness in Mamaroneck</u></p> <p>Audience: All</p> <p>Workshop Description: Many non-resident MHS staff zoom into and out of Mamaroneck only to work, but do not have a chance to appreciate fitness opportunities for runners here. We will tap into the knowledge of local runners on the staff to explore the opportunities here with a leisurely hour run that will build community. Participants should come in running shoes and dressed appropriately for the weather. If a popular option, we could subdivide into groups of different paces and distances.</p> | Lifelong Physical Activity |
| #40 | <p>Facilitator(s): Renee Coscia (Chatsworth 2nd Grade Teacher)</p> <p>Title of Workshop: <u>Knitting: Yoga for the Mind</u></p> <p>Audience: All</p> <p>Workshop Description: Einstein is said to have knitted to clear his mind. This age old craft is known to have the same effect as yoga and meditation and can help to take away some of the daily stresses and strains. Aside from feeling very meditative and calming, knitting can also be an intellectual challenge as you decipher a pattern and attempt to bring to life those words and numbers using yarn and needles as your voice. We will share projects, expose each other new patterns and discuss the feeling knitting can invoke in each of us.</p> <p>This is geared towards both experienced knitters, as well as those who are interested in learning how to knit. If you are an experienced knitter, please bring with you a project you are currently working on. For new knitters, you'll be making a scarf! Please bring with you a pair of Size 10 knitting needles and one skein of bulky yarn of your choice that can be paired with size 10 needles.</p> <p>Materials: New Knitters: You will be making a scarf! Please bring with you a pair of Size 10 knitting needles and one skein of bulky yarn of your choice that can be paired with size 10 needles.</p> | Mindfulness Meditation |
| #41 | <p>Facilitator(s): Jill Lankler (Parent)</p> <p>Title of Workshop: <u>Compassionate Communication</u></p> <p>Audience: All</p> <p>Workshop Description: We'll address stress by identifying its true cause and offering stress-defying skills to use anytime. Bringing the essentials of compassionate communication into daily life improves self regulation, builds confidence and enhances interpersonal and cognitive flexibility. We'll have an interactive discussion and experiential skill based activities.</p> | Lifestyle Change |

| | | |
|-----|---|----------------------------|
| #42 | <p>Facilitator(s): Katherine Sinsabaugh (Central & MAS Music Teacher) Title of Workshop: <u>Exploring Brain Gym and Its Benefits to You and Your Classroom</u> Audience: All Workshop Description: Brain Gym was developed by Dr. Paul Dennison and Gail E. Dennison in the 1980's. Brain Gym has shown to activate the brain and body through specific body movements. These movements have been found to help students learn e.g. focus, organizational and communication skills. Learn different Brain Gym movements and exercises, and discuss how to incorporate them into the classroom.</p> | Helping Our Students |
| #43 | <p>Facilitator(s): Renee Glickman, Pat Romano (Chatsworth PE Teachers & Julie Santoiemma Hommocks Health Teacher) Title of Workshop: <u>Zumba</u> Audience: All Workshop Description: Enjoy a fun, action based Zumba, even if you have never tried it before. Dina, from A Dance Studio in Larchmont, will provide an entertaining, up beat dance routine to get your heart rate elevated and burn calories!</p> | Lifelong Physical Activity |
| #44 | <p>Facilitator(s): Liz Slade (Chatsworth Kindergarten Teacher) Title of Workshop: <u>Mindfulness For Busy Teachers: Building Calm, Clarity and Resilience in Our Own Lives with Practical Tips for Classroom Application</u> Audience: All Workshop Description: Teaching today is a challenging task. Our plates are full and our time is precious. How can researched-based mind-body practices provide us with tools that are practical and supportive? How can we integrate these principles into our teaching lives in a realistic way? How can we feel like we have MORE time rather than less? How can this translate into our work with students?</p> <p>This experiential workshop will be geared to the pragmatic aspects of integrating mindfulness based principles into our own lives in ways that promote greater resilience to stress , relaxation, clarity and possibly increased happiness. Topics will include ways of establishing an ongoing mindfulness practice, ways of creating mini moments of mindfulness and relaxation, resources for learning more, and tips for doing this work with our students.</p> | Mindfulness Meditation |
| #45 | <p>Facilitator(s): Hilde Friderichs & Linda Darin (Parents) Title of Workshop: <u>Circle of Heart Wisdom</u> Audience: All Workshop Description: Explore a wide range of energy healing techniques to balance, harmonize and align body, mind and spirit. This workshop is about releasing fears that block productivity, creativity and academic intelligence. We will explore the benefits of color, light, and sound healing; chakra balancing; aromatherapy, energy tapping, journaling, and guided imagery and visualization.</p> | Mindfulness Meditation |
| #46 | <p>Facilitator(s): Alan Dienstag and Katie Sawyer (Larchmont Mamaroneck Community Counseling Center) Title of Workshop: <u>Ugly Thoughts Beautiful Children</u> Audience: All Workshop Description: A majority of students hold distorted and unrealistic views of what a normal body looks like and become more and more dissatisfied with how they look as they get older. The falsehood that such attitudes and feelings represent a normal part of development and adolescence is widely accepted by adults, many of whom also harbor negative thoughts about their own appearance. We will examine the facts about this phenomenon, uncover its roots and identify areas where parents and teachers can contribute to a more body positive environment for our children.</p> | Helping Our Students |
| #47 | <p>Facilitator(s): Rich Becker and Nick Mangan (Hommocks PE Teachers) Title of Workshop: <u>Building Camaraderie Through Activity</u> Audience: All Workshop Description: We can always appreciate opportunities to interact with our coworkers and strengthen our sense of community. There are several wellness benefits to engaging in activities such as those in our physical education curriculum. During this workshop you can choose to participate in the following activities: Badminton, Pickleball, Volleyball, Basketball and/or Floor Hockey. Your choice!</p> | Lifelong Physical Activity |

| | | |
|----------------------------------|--|-----------------------------------|
| <p>#48 (2 hour workshop)</p> | <p>Facilitator(s): MHS PE Staff Title of Workshop: <u>CPR/AED Course</u> Audience: All Workshop Description: This hands-on skills training prepares you to respond to breathing and cardiac emergencies. It also teaches the skills.</p> | <p>Health Topics</p> |
| <p>#49</p> | <p>Facilitator(s): Jonathan Lieberman M.D., M.P.T. Title of Workshop: <u>Getting Out of Your Own Way</u> Audience: All Workshop Description: Addresses the multiple challenges to our physical, mental, and emotional health that we face daily as busy professionals and parents. Presents multiple simple and practical strategies to ensure personal progress while handling the Adversity (capital A) that life throws at us. Question and answer session.</p> | <p>Lifestyle Change</p> |
| <p>#50</p> | <p>Facilitator(s): John Van Wie (MUFSD Health insurance broker) Title of Workshop: <u>Understanding Your Health and Wellness Benefits</u> Audience: All Workshop Description: This workshop is designed to inform all employees who participate in our health plans about the variety of services offered, and introduce benefits you may not know you have. Summaries and explanations of coverage provided through Oxford, Express Scripts, TeleDoc, and Health Advocate will be discussed in detail. Attendees will also have access to representatives from our broker consultants, USI, as well as representatives from TeleDoc and Express Scripts.</p> | <p>Health Topics</p> |
| <p>#51</p> | <p>Facilitator(s): Kathy Casey and Cynthia Quell (Touchstone Acupuncture) Title of Workshop: <u>Acupuncture: What is the Point?</u> Audience: All Workshop Description: This workshop will introduce and allow participants to experience acupuncture, an ancient Chinese medicine. Acupuncture has shown great results in medical trials as a pain management and stress relief technique.</p> <p>Participants will have the chance to try auricular acupuncture points, and learn about the meridians that guide the practitioner.</p> | <p>Health Topics</p> |
| <p>#52</p> | <p>Facilitator(s): Beth Gibney Bolden (Equinox Fitness) Title of Workshop: <u>Yoga Basics</u> Audience: All Workshop Description: Beginners and experienced yogis alike are welcome to step onto the mat to relax and rejuvenate! Breath work and movement will release tension, increase circulation, and boost your energy levels. This yoga practice will offer a kind, compassionate method to focus your mind and be positive in the present moment. All bodies welcome; modifications will be offered for all body challenges, and to create ease or intensify your experience.</p> | <p>Lifelong Physical Activity</p> |
| <p>#53</p> | <p>Facilitator(s): Donna Marie DelSignore (Equinox Fitness) Title of Workshop: <u>Intro to Pilates</u> Audience: All Workshop Description: Come invigorate your mind, strengthen your core, and condition your body through an innovative system of mind-body exercise evolved from the principles of Joseph Pilates. This Pilates class teaches body awareness and good posture while increasing core strength, flexibility, and mobility.</p> | <p>Lifelong Physical Activity</p> |

| | | |
|------------|---|--|
| <p>#54</p> | <p>Facilitator(s): Elizabeth Dominick and Heather Metz (Burke Rehabilitation Hospital) Title of Workshop: <u>ThinkFirst Program: Preventing Brain and Spinal Cord Injury in Children and Young Adults</u> Audience: All Workshop Description: Injury is the leading cause of death and disability among children, teens and young adults. The most frequent causes of these injuries are motor vehicle crashes, violence, falls, sports and recreation- many of which are preventable. The ThinkFirst Program is a national education program aiming to provide education and resources to prevent brain and spinal cord injury in children, young adults, and the community. The Burke Rehabilitation Hospital sponsors the White Plains Chapter of the Brain and Spinal Cord Injury with therapists and MD's providing free programming to local schools and community programs. This workshop will provide an overview of information that teachers and health educators can use in their own classrooms to assist in the goal of preventing brain and spinal cord injury in addition to providing information on ways the ThinkFirst Program can be a resource for local elementary, middle, and high school programs.</p> <p>During this workshop an overview of ThinkFirst curricula will be provided in addition to ways local school districts and community organizations have incorporated ThinkFirst into their programs.</p> | <p>Health Topics</p> |
| <p>#55</p> | <p>Facilitator(s): Susan Jones (Rye Y) Title of Workshop: <u>Yoga For All</u> Audience: All Workshop Description: Come and join in a relaxing hour of yoga for all levels. Stretch, strengthen, and relax with us as we teach the basics of a lifelong physical activity.</p> | <p>Lifelong Physical Activity</p> |
| <p>#56</p> | <p>Facilitator(s): Laura Tiedge (Rye Y) Title of Workshop: <u>The Y. So Much More</u> Audience: All Workshop Description: Join, Laura Tiedge, Senior Director of Healthy Living at the Rye YMCA to learn more about the health promoting programs and supportive groups available to help you achieve your health and wellness goals. Whether you are trying to lose weight or reduce sugar in your diet, increase your physical activity, address chronic conditions or complete your first triathlon -- the Rye Y has something for you.</p> | <p>Lifelong Physical Activity</p> |