



WELLNESS CONNECT - 2017 COURSE CATALOG

5S TRAINING – OFFICE ENVIRONMENT			
Course Number: 5SOFFC			
GARY BEAUDETTE – BEAUDETTE CONSULTING, INC.			
Course Overview	<p>5s is a five phase program that improves efficiency, organization, communication, ergonomics document control, and quality in the office environment. The course is designed to show learners how to implement the 5s program through hands-on activities and real-life examples of what to do (and what not to do).</p> <ol style="list-style-type: none"> 1. Sort – remove the unnecessary. From trip hazards to old documents. 2. Set in Order – find the best spot for the items in, on, and around your desk. 3. Shine – Look world class. Disinfect, shine to inspect. 4. Standardized – What good looks like 5. Sustain – Audits and continuous improvement <p>Learning Objectives</p> <p>Learning Objectives</p> <p>Through training, participants will gain a thorough understanding of the principles and techniques necessary to implement, control, and improve a world-class 5S program.</p> <p>5S is a program to reduce waste and optimize productivity through maintaining an orderly workplace and using visual cues to achieve more consistent operational results. 5S programs usually are implemented by small teams working together to get materials closer to operations – right at workers’ fingertips – and organized and labeled to facilitate operations with the smallest amount of wasted time and materials. “A place for everything, and everything in its place” is the mantra of the 5S method.</p>		
October 9, 2017	9:00am-10:00am	Ag Center-Harvest Hall, Rm ABC	Session 0001



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5S TRAINING – SAFETY IN THE WORKFORCE Course Number: 5SWKFC GARY BEAUDETTE – BEAUDETTE CONSULTING, INC.			
Course Overview	<p>How to implement the program with more focus on standardized work processes (and how to build safety into the best practices). It also touches on visual management and error proofing.</p> <ol style="list-style-type: none"> 1. Sort – remove unnecessary items in your work area 2. Set in Order – make your work space efficient (shadow-boards, tool-belts, etc) 3. Shine to inspect machines for leaks – Clean 4. Standardized the work process 5. Sustain through employee engaged and scoring systems <p>Learning Objectives Through training, participants will gain a thorough understanding of the principles and techniques necessary to implement, control, and improve a world-class 5S program.</p> <p>5S is a program to reduce waste and optimize productivity through maintaining an orderly workplace and using visual cues to achieve more consistent operational results. 5S programs usually are implemented by small teams working together to get materials closer to operations – right at workers’ fingertips – and organized and labeled to facilitate operations with the smallest amount of wasted time and materials. “A place for everything, and everything in its place” is the mantra of the 5S method.</p>		
October 11, 2017	1:30pm-2:30pm	Ag Center-Harvest Hall, Rm ABC	Session 0001



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BIKE TRAIL – VIRGINIA TOUR Course Number: SBYOB PAUL GIBSON - SBT			
Course Overview	Dress appropriately. Please remember to bring a helmet! Bike riding offers many benefits for the body as well as for the spirit. Enjoy a scenic ride along the Virginia Corridor, a premier linear park, trail and recreational gathering place. Group will depart from Virginia Trail, at the arch between Roseburg and Orangeburg. Parking available in the Roseburg Square Parking Lot on Roseburg Avenue. The total ride is approximately 4.8 miles round trip and is acceptable for all skill levels. Don't forget to bring comfortable shoes and your bottled water.		
October 12, 2017	3:30pm-5:00pm	Roseburg Square - Virginia Trail	Session 0006

BIKE TRAIL - ADVANCED Course Number: SABT JEFF EMENS - SBT			
Course Overview	Dress appropriately. Please remember to bring a helmet! This class is designed for the more experienced rider and will include a more strenuous pace. Group will depart from and return to the parking lot at Thousand Oaks Park near the intersection of Scenic and Coffee Road. The group will ride through East La Loma Park. Don't forget to bring your bottled water.		
October 10, 2017	3:30pm-5:00pm	Thousand Oaks Park	Session 0005

BUTTS & GUTS Course Number: SGUT BRENDA ATHLETIC CLUB			
Course Overview	A workout that strengthens and firms the glutes and abs. Please remember to wear comfortable clothing and bring bottled water.		
October 12, 2017	4:00pm-5:00pm	Brenda Athletic Club	Session 0001



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CORE/PUSH CLASS Course Number: SCORE BRENDA ATHLETIC CLUB			
Course Overview	A group weight training workout that strengthens, tones and firms the body through the use of barbells and dumbbells. Please remember to wear comfortable clothing and bring bottled water.		
October 10, 2017	4:00pm-5:00pm	Brenda Athletic Club	Session 0002

DEALING WITH EMOTIONAL CUSTOMERS Course Number: SECT DOUG HOLCOMB - BHRS			
Course Overview	This course will focus on techniques that can be successfully used to communicate with emotional customers, and identify unsafe situations. Topics of discussion will include communication style, identifying early signs of potentially aggressive behavior and Community Resources.		
October 9, 2017	9:00am-11:00am	Ag Center-Harvest Hall, Rm DE	Session 0007
October 13, 2017	2:00pm-4:00pm	Redwood Room - BHRS	Session 0008

DISASTER PREPARATION 101 Course Number: SDST SARAH MESSERLIAN, SR. LOSS PREVENTION SPECIALIST- CSAC-EIA			
Course Overview	This course will provide guidance to attendees in the event of a disaster at home or at work. Topics of discussion will include: <ul style="list-style-type: none"> • Types of Disasters • The Disaster Cycle • Home and Work Preparation • Employee Responsibility • Earthquake/Flood Preparedness • Public Employee Responsibilities • Planning Tools 		
October 10, 2017	10:30am-12:00pm	Ag Center-Harvest Hall, Rm. DE	Session 0032



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DISASTER SERVICE WORKER Course Number: SSVWK ERIC HOLLY/MELBA HIBBARD - OES			
Course Overview	Disaster can occur at any time, any place. As a public employee of Stanislaus County, State law declares you are a Disaster Service Worker and obligated to perform various disaster service activities as may be assigned to you by your supervisor during times of emergency. This course will help you understand your role and responsibility and provide ideas on preparing yourself and your family.		
October 9, 2017	8:30am-10:30am	OES-3705 Oakdale Rd., Modesto	Session 0003
October 13, 2017	8:30am-10:30am	OES-3705 Oakdale Rd., Modesto	Session 0004

DOG BITE PREVENTION Course Number: SDOG ANIMAL SERVICES			
Course Overview	Learn how public employees can protect themselves from dog bites. This class will focus on what to look for before entering an area and what to do if confronted by an aggressive dog.		
October 9, 2017	9:00am-10:00am	CSA-Large Training Room	Session 0017



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DRUG & ALCOHOL ADDICTION Course Number: SDRUGS CHARLES YARNELL & STEVE LEONARD - BHRS			
Course Overview	<p>Chemical Dependency is now referred to as Substance Use Disorder (SUD). This course will explore the diagnostic criteria for the severity range of Substance Use Disorders and identify common substances leading to SUD. Knowledge of the "Disease Concept" will help individuals to understand differing approaches to treatment with respect to adults and youth. Some specific attention will be given to co-occurring mental illness with SUD, as well as, the use of Narcotic Replacement Therapy (NRT). Successful recovery is possible in our community with an abundance of resources which will be presented, including contact information. All presenters have extensive experience and certification in every level of SUD treatment ranging from co-occurring mental health to treatment while in custody. Topics presented include:</p> <ul style="list-style-type: none"> Understanding the Diagnosis of Substance Use Disorder and Symptoms Common Substances Leading to Substance Use Disorder The "Disease Concept" of Addiction Effects of Substance Use Disorder on Families and Society Substance Use Disorder in Youth and Young Adults Drug and Alcohol Use and Mental Illness Narcotic Replacement Therapy Differing Treatment Models Successful Recovery from Substance Use Disorders Suggestions for Parents of a Substance Using Teen Differing Levels of Care Offered in Stanislaus County Contact Information for Each Level of Care 		
October 9, 2017	1:00pm-3:00pm	Ag Center-Harvest Hall, Rm DE	Session 0017
October 11, 2017	3:00pm-5:00pm	Ag Center-Harvest Hall, Rm DE	Session 0018



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FIRE EXTINGUISHER Course Number: SFIRE FIRE MARSHAL RANDY CROOK - OES			
Course Overview	Your kitchen stove is on fire... A small fire breaks out in your office... In either of these situations, would you know how to respond? Learn the basics of fire prevention and home safety/evacuation plan and then receive hands on practice actually putting out a fire using a fire extinguisher.		
October 12, 2017	9:00am-11:00am	Regional Fire Training Center	Session 0107

GARBAGE IN, GARBAGE OUT – YOU ARE WHAT YOU EAT Course Number: SGARB ANN AND BILL EDWARDS, ACSM EXERCISE PHYSIOLOGISTS			
Course Overview	There's an old saying in science, "garbage in, garbage out." It implies if you put bad data into an analysis, you will get useless results. There is little doubt that the nutritional quality of food in today's average diet is sorely lacking. We are grossly overfed, yet undernourished! We are feeding our bodies nutrient-devoid "foods" that don't supply the essential nutrients that the body requires. Join William and Ann Edwards, ACSM Certified Exercise Physiologists, in this lecture to learn how to make good decisions about how you fuel your body. Learn to separate fact from fiction when it comes to fad diets and marketing claims. Walk away with some good tips on how to get your diet on track and to keep it on track.		
October 11, 2017	9:00am-10:30am	Ag Center-Harvest Hall, Rm ABC	Session 0002

HEALTH SAVINGS ACCOUNT 101 – THE BASICS Course Number: SHSA KATE GONZALO - OPTUM			
Course Overview	Wondering how a health savings account (HSA) can help you and your family save and pay for health care? The details of how an HSA works and the benefits it can provide can be explained with four simple words: deposit, grow, save and pay. Come learn the many benefits to opening and using a health savings account (HSA).		
October 9, 2017	3:00pm-4:00pm	CSA – Large Training Center	Session 0001
October 10, 2017	3:30pm-4:30pm	Ag Center-Harvest Hall, Rm ABC	Session 0002



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THE HEALTHY WORKER Course Number: SWKR SARAH MESSERLIAN, SR. LOSS PREVENTION SPECIALIST- CSAC-EIA			
Course Overview	<p>This training is designed to provide an increased awareness of how to make healthier personal health and lifestyle choices and the benefits of those choices.</p> <p>Topics of discussion will include:</p> <ul style="list-style-type: none"> • Personal Health History • Physical Activity Level • Healthy Eating • Annual Physical Exam • Managing Stress • Sleep • Oral Health 		
October 10, 2017	1:00pm-2:30pm	Ag Center-Harvest Hall, Rm DE	Session 0001

HEART ATTACKS HAVE BEGINNINGS Course Number: SDHRT ADELE GOODEYON, RN, MS, NP, CCCC – DOCTORS MEDICAL CENTER			
Course Overview	<p>Learn how to recognize the early warning signs of a heart attack and the importance of early treatment in order to prevent or limit the size of the heart attack.</p>		
October 10, 2017	3:30pm-4:30pm	Ag Center-Harvest Hall, Rm DE	Session 0005



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HOME VISITATION SAFETY Course Number: SHVS SARAH MESSERLIAN, SR. LOSS PREVENTION SPECIALIST- CSAC-EIA			
Course Overview	<p>Attendees of this course will be provided with information on how to reduce the risk associated with participating in client home visitations. Topics of discussion will include:</p> <ul style="list-style-type: none"> Basic Safety (PDCA) Cycle Initial assessment Useful items How and where to park Approaching, entering & leaving Special circumstances (drugs, weapons, mental illness, etc...) General safety guidelines 		
October 11, 2017	10:30am-12:00pm	Ag Center-Harvest Hall, Rm DE	Session 0011

OH, MY ACHING BACK Course Number: SABACK ANN AND BILL EDWARDS, ACSM EXERCISE PHYSIOLOGISTS			
Course Overview	<p>Are you living with aches and pains? You may be surprised to know that relief may be within your own control. Eighty percent of people get back pain at some point in their life. Eighty-five percent of people get recurring back pain once they have experienced back pain. Don't be a statistic. Learn the most common causes of back pain, how to prevent this pain and how to find relief from the pain. William & Ann Edwards, ACSM Certified Exercise Physiologists, will be demonstrating corrective exercises. Join us for this interactive 90 minute session.</p>		
October 9, 2017	1:30pm – 3:00pm	Ag Center-Harvest Hall, Rm ABC	Session 0002



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POSTURE YOURSELF FOR SUCCESS Course Number: SPOST ANN AND BILL EDWARDS, ACSM EXERCISE PHYSIOLOGISTS			
Course Overview	<p>Proper postural alignment places minimal amounts of stress or strain on the body's muscular and skeletal systems. When the muscles work in balance with one another, the spine and joints will be correctly aligned. When muscular groups become unbalanced in strength through poor postural habits, the entire body has to compensate for the inequities. Over time, bad posture can result in skeletal misalignments creating pain and discomfort. Join William and Ann Edwards, ACSM Certified Exercise Physiologists, in this hands-on workshop to learn some posture assessment techniques and strengthening exercises that will protect you and your joints from stress and pain.</p>		
October 9, 2017	3:30pm-5:00pm	Ag Center-Harvest Hall, Rm ABC	Session 0003

THE PSYCHOLOGY OF EATING Course Number: SEAT SIGNE DARPINIAN, MFT			
Course Overview	<p>Signe Darpinian is a Licensed Marriage and Family therapist and a Certified Eating Disorders Specialist. She will be presenting The Psychology of Connected Eating. Learn guidelines and benefits of connected eating, and self-help treatment planning.</p> <p>Goals:</p> <ul style="list-style-type: none"> To understand the guidelines and benefits of connected eating. The role of the habit based model in healing disconnected eating. Self-help treatment planning to identify problems, goals and measurements with eating difficulties. 		
October 10, 2017	9:00am-11:00am	Ag Center-Harvest Hall, Rm ABC	Session 0002
October 10, 2017	1:00pm-3:00pm	Ag Center-Harvest Hall, Rm ABC	Session 0003



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SLEEP AND HEALTH Course Number: SSLEEP DEREK DAVIS – CEO/RISK MANAGEMENT DIVISION			
Course Overview	The quantity and quality of sleep we get each night has a direct effect on our health and safety. This awareness level class will explore the basics of sleep science, common types of sleep problems, how sleep effects health, the safety hazards associated with poor sleep quality, and sleep health resources.		
October 9, 2017	10:30am-11:30am	CSA – Large Training Room	Session 0002
October 13, 2017	11:00am-12:00pm	CSA – Large Training Room	Session 0003

SPIN/CYCLING CLASS Course Number: SSPIN BRENDA ATHLETIC CLUB			
Course Overview	This is a cardiovascular stationary bike class. Spin classes offer an intense stationary bicycle ride, led by a motivating instructor. Please remember to wear comfortable clothing and bring bottled water.		
October 11, 2017	4:00pm-5:00pm	Brenda Athletic Club	Session 0004

STEP/MUVZ CLASS Course Number: SSTEP BRENDA ATHLETIC CLUB			
Course Overview	A fitness program designed to deliver the elements of dance, core balance, plyometrics endurance and body resistance. Please remember to wear comfortable clothing and bring bottled water.		
October 13, 2017	4:00pm-5:00pm	Brenda Athletic Club	Session 0002



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STROKE AWARENESS and PREVENTION			
Course Number: SSAP			
BREANNA CABECEIRAS, MSN,RN,CNL,CNRN,SCRN – DOCTORS MEDICAL CENTER			
Course Overview	Warning signs and symptoms of stroke and the importance of early treatment. <ul style="list-style-type: none"> Risk factors for stroke and TIA TIA vs stroke Time is Brain, Act "FAST" for Stroke 		
October 11, 2017	1:30pm-2:30pm	Ag Center-Harvest Hall, Rm DE	Session 0004

SUN SAFETY			
Course Number: SUN			
DEREK DAVIS – CEO/RISK MANAGEMENT			
Course Overview	Skin cancer is the most commonly diagnosed cancer in the United States yet most cases are preventable. In fact every year in the United States nearly 5 million people are treated for skin cancer. This class will teach students about the basics of skin cancer identification, how to protect yourself from the sun and how to lower your odds of getting this common but all to deadly disease.		
October 9, 2017	1:00pm-2:00pm	CSA – Large Training Room	Session 0001
October 13, 2017	9:00am-10:00am	CSA – Large Training Room	Session 0002

TAI CHI			
Course Number: STICHI			
CERTIFIED TAI CHI INSTRUCTOR – TAI CHI CHUAN ACADEMY OF MODESTO			
Course Overview	Tai Chi Chuan is an ancient Chinese exercise which incorporates mind and body. The relaxing and circular movements promote good health in young and old. It is an excellent stress reducer and the results are often immediate. <p>Location: 416 "I" Street, 2nd Floor – no elevator available. Parking in alley, empty lot next to Tai Chi Chuan building.</p>		
October 10, 2017	9:00am-10:00am	Tai Chi Chuan Academy	Session 0088
October 10, 2017	10:30am-11:30am	Tai Chi Chuan Academy	Session 0089
October 12, 2017	9:00am-10:00am	Tai Chi Chuan Academy	Session 0090
October 12, 2017	10:30am-11:30am	Tai Chi Chuan Academy	Session 0091



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VIRGINIA TRAIL LEISURE WALK Course Number: SVTW KEVIN WATSON/BRENDA KIELY/KELLY RODRIGUEZ – CEO			
Course Overview	Walking offers many benefits for the body as well as for the spirit. Enjoy a scenic walk along the Virginia Corridor. This walk is at a slow, leisure pace. Dress appropriately and don't forget your bottled water. Group will depart from and return to Roseburg Square Shopping Center parking lot on Roseburg Avenue by the Virginia Trail.		
October 11, 2017	3:45pm-5:00pm	Roseburg Square – Virginia Trail	Session 0005

VIRGINIA TRAIL ADVANCED WALK Course Number: SVTA KEVIN WATSON/BRENDA KIELY – CEO-RISK MANAGEMENT			
Course Overview	Enjoy a scenic walk along the Virginia Corridor. This walk is at a brisk pace and is recommended for those with a high endurance level. Dress appropriately and don't forget your bottled water. Group will depart from and return to Roseburg Square Shopping Center parking lot on Roseburg Avenue by the Virginia Trail.		
October 13, 2017	3:30pm-5:00pm	Roseburg Square – Virginia Trail	Session 0003

YOGA Course Number: SYOGA BRENDA ATHLETIC CLUB			
Course Overview	Yoga calms the mind and the body. The body becomes stronger, more flexible, more toned and helps to regulate weight. Additionally Yoga stretches muscles lengthwise. It is advised to wear loose and comfortable clothing attire, as you will be working on the floor.		
October 9, 2017	4:00pm-5:00pm	Brenda Athletic Club	Session 0071



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TRAINING LOCATION ADDRESSES	
Ag Center - Harvest Hall, Room ABC	3800 Cornucopia Way, Modesto, CA 95358
Ag Center - Harvest Hall, Room DE	3800 Cornucopia Way, Modesto, CA 95358
Brenda Athletic Club	200 Norwegian Ave., Modesto, CA 95350
Community Service Agency (CSA) - Large Training Room	251 E. Hackett Road, Modesto, CA 95358
Community Service Agency (CSA) - Cafeteria Training Room	251 E. Hackett Road, Modesto, CA 95358
County Center III – Room 3	Scenic and Oakdale Road, Modesto
OES – Office of Emergency Services	3705 Oakdale Road, Modesto, CA 95357
Redwood Room (SBHC)	800 Scenic Drive, Modesto, CA 95350
Regional Fire Training Center	1220 Fire Science Lane, Modesto, CA 95351
Roseburg Square - Virginia Trail Walks (Leisure and Advanced Walks)	Park in the Roseburg Square Shopping Center at 8010 W. Roseburg Avenue. Meet at entrance of Virginia Trail.
Roseburg Square – Virginia Trail Bike Ride	Park in the Roseburg Square Shopping Center. Meet at the Arch at Roseburg Avenue and Orangeburg Avenue.
Tai Chi Chuan Academy	416 "I" Street, 2 nd Floor, Modesto, CA 95354
Thousand Oaks Park-Roundabout (Advanced Bike Ride)	Meet at the entrance/roundabout to Thousand Oaks Park @ Scenic and Coffee Road