



**STANISLAUS COUNTY
WELLNESS CONNECT - 2017
REGISTRATION FORM (DEPT USE ONLY)
OCTOBER 9, 2017 thru OCTOBER 13, 2017**

EMPLOYEE NAME: _____ ID# _____

DEPT: _____ PHONE: _____

This registration form is to be used to assist with supervisor approval (if applicable). Employees can go to PeopleSoft Self-Service to enroll in classes. Refer to Health & Wellness Course Catalog for class descriptions and locations. **Please do not send this form to Risk Management.**

<u>COURSE #</u>	<u>COURSE NAME</u>
<u>SESSION #</u>	<u>DATE, TIME & LOCATION</u>
<input type="checkbox"/> 5SOFFC	<u>5S Training – Office Environment</u>
<input type="checkbox"/> 1	Oct. 9 – 9:00am-10:00am - Harvest
<input type="checkbox"/> 5SWKFC	<u>5S Training–Safety in the Workforce</u>
<input type="checkbox"/> 1	Oct. 11 – 1:30pm-2:30pm - Harvest
<input type="checkbox"/> SBYOB	<u>Bike Trail – Virginia Tour</u>
<input type="checkbox"/> 6	Oct. 12 – 3:30pm-5:00pm - Virginia
<input type="checkbox"/> SABT	<u>Bike Trail - Advanced</u>
<input type="checkbox"/> 5	Oct. 10 – 3:30pm-5:00pm - Thous Oak
<input type="checkbox"/> SGUT	<u>Butts & Guts</u>
<input type="checkbox"/> 1	Oct. 12 – 4:00pm-5:00pm-Brenda Ath.
<input type="checkbox"/> SCORE	<u>Core/Push Class</u>
<input type="checkbox"/> 2	Oct. 10 – 4:00pm-5:00pm-Brenda Ath.
<input type="checkbox"/> SECT	<u>Dealing with Emotional Customers</u>
<input type="checkbox"/> 7	Oct. 9 – 9:00am-11:00am – Harvest
<input type="checkbox"/> 8	Oct. 13 – 2:00pm-4:00pm - Redwood
<input type="checkbox"/> SDST	<u>Disaster Preparation 101</u>
<input type="checkbox"/> 32	Oct. 10 – 10:30am-12:00pm - Harvest
<input type="checkbox"/> SSVWK	<u>Disaster Service Worker</u>
<input type="checkbox"/> 3	Oct. 9 – 8:30am-10:30am – OES
<input type="checkbox"/> 4	Oct. 13 – 8:30am-10:30am - OES
<input type="checkbox"/> SDOG	<u>Dog Bite Prevention</u>
<input type="checkbox"/> 17	Oct. 9 – 9:00am-10:00am - CSA

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<input type="checkbox"/> SDRUGS	<u>Drug & Alcohol Addiction</u>
<input type="checkbox"/> 17	Oct. 9 – 1:00pm-3:00pm - Harvest
<input type="checkbox"/> 18	Oct. 11 – 3:00pm-5:00pm – Harvest
<input type="checkbox"/> SFIRE	<u>Fire Extinguisher</u>
<input type="checkbox"/> 107	Oct. 12 – 9:00am-11:00am-Fire Train.
<input type="checkbox"/> SGARB	<u>Garbage In, Garbage Out</u>
<input type="checkbox"/> 2	Oct. 11 – 9:00am-10:30am - Harvest
<input type="checkbox"/> SHSA	<u>Health Savings Account 101</u>
<input type="checkbox"/> 1	Oct. 9 – 3:00pm-4:00pm - CSA
<input type="checkbox"/> 2	Oct. 10 – 3:30pm-4:30pm - Harvest
<input type="checkbox"/> SWKR	<u>The Healthy Worker</u>
<input type="checkbox"/> 1	Oct. 10 – 1:00pm-2:30pm - Harvest
<input type="checkbox"/> SDHRT	<u>Heart Attacks Have Beginnings</u>
<input type="checkbox"/> 5	Oct. 10 – 3:30pm-4:30pm - Harvest
<input type="checkbox"/> SHVS	<u>Home Visitation Safety</u>
<input type="checkbox"/> 11	Oct. 11 – 10:30am-12:00pm-Harvest
<input type="checkbox"/> SABACK	<u>Oh, My Aching Back</u>
<input type="checkbox"/> 2	Oct. 9 – 1:30pm-3:00pm - Harvest
<input type="checkbox"/> SPOST	<u>Posture Yourself for Success</u>
<input type="checkbox"/> 3	Oct. 9 – 3:30pm-5:00pm - Harvest
<input type="checkbox"/> SEAT	<u>The Psychology of Eating</u>
<input type="checkbox"/> 2	Oct. 10 – 9:00am-11:00am- Harvest
<input type="checkbox"/> 3	Oct. 10 – 1:00pm-3:00pm – Harvest

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SESSION # **DATE, TIME & LOCATION**

- SSLEEP** **Sleep and Health**
 2 Oct. 9 – 10:30am-11:30am - CSA
 3 Oct. 13 – 11:00am-12:00pm - CSA
- SSPIN** **Spin/Cycling Class**
 4 Oct. 11 – 4:00pm-5:00pm-Brenda Ath.
- SSTEP** **Step/Muvz Class**
 2 Oct. 13 – 4:00pm-5:00pm-Brenda Ath.
- SSAP** **Stroke Awareness & Prevention**
 4 Oct. 11 – 1:30pm-2:30pm - Harvest
- SUN** **Sun Safety**
 1 Oct. 9 – 1:00pm-2:00pm - CSA
 2 Oct. 13 – 9:00am-10:00am - CSA

COURSE # **COURSE NAME**
SESSION # **DATE, TIME & LOCATION**

- STICHI** **Tai Chi**
 88 Oct. 10 – 9:00am-10:00am - Tai Chi
 89 Oct. 10 – 10:30am-11:30am - Tai Chi
 90 Oct. 12 – 9:00am-10:00am - Tai Chi
 91 Oct. 12 – 10:30am-11:30am - Tai Chi
- SVTW** **Virginia Trail Leisure Walk**
 5 Oct. 11 – 3:45pm-5:00pm - Virginia
- SVTA** **Virginia Trail Advanced Walk**
 3 Oct. 13 – 3:30pm-5:00pm - Virginia
- SYOGA** **Yoga**
 71 Oct. 9 – 4:00pm-5:00pm-Brenda Ath.

Supervisor Approval (if applicable)