

Wellness and Substance Abuse Prevention: Making the Connection

Tuesday, June 1, 2010

9:00 am – 3:00 pm

8:30 am - Check In and Continental
Breakfast

Location

Neighborhood House-Wellstone Center
179 Robie Street East, St. Paul, MN 55107

Online Directions

www.neighb.org/directions.aspx

Free parking available in the ramp adjacent to the Wellstone Center or on the street in front of the building.

Registration

Fee: \$10.00 Deadline: May 25

Pre-registration is required as there are only 75 spots available.

Certificate of attendance for clock hours is available.

Who Should Attend

School chemical health coordinators, public health professionals, coalition coordinators, youth workers, anyone involved with alcohol, tobacco and other drug prevention in the metro area.

Sponsored by

The Metro Regional Prevention Coordinator and Minnesota Prevention Resource Center (MPRC).

Objectives of Training

- Learn about the connection between implementing wellness activities and substance abuse prevention in youth and adults
- Learn and apply information to the life of a prevention professional who works on substance use and abuse prevention
- Take resources and information back to the people that prevention professionals serve (youth, adults, families, communities, etc.)

Schedule for the Day

- 8:30 am Check in and Continental Breakfast
- 9:00 Refueling Your Health Tank
—Dr. Steve Zvonar
- 10:30 Break and move to sessions
- 10:45 Breakout Sessions
- 12:00 Lunch by Mississippi Market
- 1:00 Take a Step and Lend a Hand
—Dr. Steve Zvonar
- 3:00 Closing

Keynote Speaker

DR. STEVE ZVONAR, Northwoods Natural Healing Center, Doctor of Chiropractic and Certified Wellness Coach has delivered hundreds of lectures and seminars over the past 25 years. Topics have ranged from diet, stress, therapeutic lifestyle change and health coaching. The past two years he

has been a speaker at the annual MARRCH (MN Association of Resources for Recovery and Chemical Health) conference. The topics delivered were on the effects of ill health (diet, toxins and stress) on brain function and addictions.

Breakout Sessions

The Mind-Body Connection: Tools to Increase Self-awareness and Decrease Stress

Learn how to have control over the stress response by practicing techniques, such as breathing, meditation and guided imagery
Presented by: Selena Freimark, BS, is employed as a Community Health Specialist with experience in employee wellness programming. She is completing her Masters in Human Development from St. Mary's University.

Healthy Eating/Healthy Living: Learn how to take charge of your health by cooking delicious foods that build up your immune systems, helping you feel happy and full of life. Samples and recipes will be provided!
Presented by: Brenda Langton, senior fellow at the Center for Spirituality & Healing and owner of the highly acclaimed restaurants Café Brenda and Spoonriver.

Experiencing Yoga: Learn about the health benefits of practicing Yoga and experience a class first-hand. Please wear comfortable clothes. Mats will be provided. Presented by: Katie Holley, Certified Yoga Instructor

PRE-REGISTRATION IS REQUIRED!

Space is limited so be sure to register early. On-site/walk-in registration is NOT available. If questions contact Kari Erdman at 763-427-5310 x134 or kerdman@miph.org. Select your breakout session and register by using one of the following methods:

Online: www.emprc.org/wellness

Email: lgosselin@miph.org

Fax: 763-427-7841

Mail: MPRC, Attn: Lynne Gosselin

2720 Hwy 10 NE

Mounds View, MN 55112-4092

SELECT YOUR BREAKOUT SESSION:

- (check one)
- The Mind-Body Connection
 - Healthy Eating/Healthy Living
 - Experiencing Yoga

Select your payment method:

Check enclosed for \$10.00 payable to MPRC.

P.O. # _____

Visa Mastercard

Card # _____ Expir. Date _____

Signature _____

Card Name/Address (if different) _____

Name _____

Agency _____

Address _____

City/State/Zip _____

Phone _____ Email _____

REGISTRATION DEADLINE: May 25, 2010