

Brock
University

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1964-2014

2013 Brock University Employee Wellness Conference

Wednesday, June 19th, 2013

Brock
Wellness Day



Conference Guide

Overview

Registration

Registration opens May 29th at **NOON** SHARP and closes June 7th at 4:30pm. **Have your employee number ready.** If your workshop has a material fee, it is payable online or in person at HR-EHS in ST1220.

There are only 4 spaces available on the waitlist for each workshop. You will receive a paper or email confirmation if a spot becomes available.

Paper registration forms will only be accepted for those without daily access to a computer. Forms can be picked up in HR-EHS in ST1220. They will be processed on May 29th at noon in order of receipt. Be sure to make an alternate selection since sessions fill quickly.

Eligibility

All Brock employees who are covered by Brock benefits are eligible to attend.

CUPE 4207 members on benefits are also eligible. To check eligibility, go to the CUPE 4207 page on the conference website.

Brock employees who are not on benefits may attend with permission of their supervisor and a \$40 payment.

Employees from BUSU, Sodexo, Corps of Commissionaires, and other University-based contractors may register with a payment of \$40.

Charity Penny Sale

Donations continue to be accepted for this year's charity penny sale (drop off in HR-EHS ST1220). This year, the Wellness Conference will give back to Brock through the creation of a non-endowed award in the name of Wellness. This award shall be provided to the student recipient(s) for the upcoming academic year.

Lunch



Lunch will be held in the Guernsey Market. Choose from:

- Beef and or vegetable stir fry with jasmine rice
- Rotisserie chicken with warm lentil, corn, and black bean salad
- Greek Salad with Spanikopita
- Your choice of a whole wheat sub served with in house kettle chips

All meals served with lemonade, ice tea, infused water, whole fruit and assorted cookies

*Must register for at least 2 hours of workshop to be eligible



Refreshment Coupon

This year, your refreshment coupon can be used at the following locations:

- Tim Hortons
- Guernsey Market

For more information on Wellness Day, visit:

www.brocku.ca/wellness-conference

Questions or comments?

Contact Melanie Kopac

mkopac@brocku.ca or x3994

Workshop Session A:

10:00-11:00am

Biodynamic, Organic, and Sustainable - What do they really mean?

Ed Hughes, Niagara Cuisine

Limit: 30

There are several ways to describe your farming practices, what they are and how they are different from a farmer's perspective. Learn from Ed Hughes, owner of 24 acres of vinifera grapes and some hybrids who has sold his grapes to only the highest quality wineries in the Niagara Region.

Christmas in June

Margie Lizzotti, Recreation Services

Limit: 20 Material fees: \$5

Learn how to make Christmas tinsel out of glass beads and start decorating your Christmas tree early! Be sure to bring your festive spirit!

Conquering Clutter- Tips and Tricks

Lynn Melloni and Mark Melloni, Urge to Purge

Limit: 30

Clutter can be conquered! This fun and easy going workshop is designed to highlight tips and tricks that you can use in your everyday life in order to combat clutter. New routines, ideas, and tricks to help you de-clutter your life will be demonstrated.

Creating a Healthy Outdoors using Feng Shui Principles

Ginette Hunter, Feng Shui with Ginette

Limit: 50

When we are pleased with our outdoor space we spend more time and benefit from the beauty and health it awaits. With thoughtful consideration we can establish a setting of solitude or social gatherings and begin a relationship with nature. Learn how to define your outdoor space using an energy map and incorporate the five elements into your design. By adapting Feng Shui Principles, you can develop your own outdoor oasis.

FeelingBetterNow®

Betty George, Mensante

Limit: 50

One in five Canadians currently suffers from a serious mental health issue such as depression or anxiety. Managing emotional and mental health issues is one of the toughest problems faced by individuals and their physicians. For those employees who have Long Term Disability coverage with the University, discover a new mental and emotional health care program which provides easy to use tools to help with common challenges such as sadness, anxiety, depression, stress, low energy, poor concentration, etc.

Financial Products or Financial Planning?

Moj Razavi and Jim Curry, Investors Group

Limit: 50

Learn about the differences that financial planning can make in the lives of Canadians and why financial planning can help people achieve their short- and long-term financial goals. Learn from financial advisors who believe in comprehensive planning and discover financial products that can help you invest for your future.

Health and Wellness through Volunteering

Julie deRuitter, Niagara Health System

Limit: 15

Discover the reasons why volunteering promotes health and wellness and how self-esteem, self worth, recognition, and the inherent need of being needed and part of a community is important. Learn about areas of the hospital where volunteer programs are utilized and how to apply at the Niagara Health System to volunteer.

Hot Summer- Cold Soup

Bruce McLeish, Conference Services

Limit: 15

When the weather's steamy and it's too hot to cook – and almost too hot to eat – revive yourself with a bowl of cold, tangy soup. Learn how to make cold soup in 10 ingredients or less.

How to Read Skincare Labels: What you Need to Know

Monika Ovsonka and Scott Golem

Limit: 50

Your skin is the largest organ of your body and what you put on your skin is absorbed into the bloodstream 10 times faster than anything you ingest! Discover how to read labels on skin care products including soaps, shampoos, and moisturizers in order to make safe and informed choices for yourself and your family.

InDesign Basics

Aldo Parrotta

Limit: 20

Need to create flyers, brochures, posters, or newsletters? Learn Adobe InDesign in under an hour and take away quick and effective tips, helpful hints and great design ideas. For those getting started or looking to optimize their use of this important graphic tool.

Learn to Design and Crimp a Bracelet

Tina LaSelva, Forever Creating

Limit: 10 Material fees: \$5

For those who love to express a more unique, individual sense of style (you know who you are!), making your own bracelet is not as hard as you think - especially with this crimping technique.

Line Dancing

Charlene O'Neill, Printing Services

Jane Deschamps, Custodial

Limit: 25

Shine up those cowboy boots and join in on the fun! Line dancing is an easy way to have fun while you exercise your body and your mind. Suited for all levels of experience, so get ready to dance!

Louise Hay 10 Ways to Loving Yourself

Darcy Burkhardt Renna, Exactly As You Are

Limit: 100

You will be guided through the magic of loving yourself in order to create positive changes in your life. Darcy Burkhardt Renna, B.S., is a Certified and Licensed Heal Your Life Coach and Teacher in the philosophy of Louise L. Hay. Learn the basic points of Louise's philosophy, develop awareness of negative beliefs, release old emotions, and love yourself more fully.

Qi Gong for Neck and Shoulder Tension

Diana Bridges

Limit: 20

Qi Gong is a vast study with many movements reminiscent of Tai Chi whose primary purpose is to promote health. Come learn a series of Qi Gong techniques that reduce upper body tension by freeing the meridians along the arms and neck.

Spirit of Sound: DJing for Fun

Franco Maddalena, Custodial

Jonathan Blaney and Michael Vincent CuvIELLO

Limit: 20

DJ for fun and discover the basics of DJing while learning about the cool aspects of being a DJ. You will have the opportunity to work with mixers, microphones, as well as both CD and digital music libraries.

Tai Chi

Kefu Zhu and Elizabeth Ye, Confucius Institute

Limit: 35

Practice basic 'sets' of controlled movements from this combined form of yoga and meditation that can foster the circulation of 'chi' within the body. It will enhance your health, improve vitality and foster a calm and tranquil mind.

Tour of Morningstar Mill

Carla Mackie, City of St. Catharines- Morningstar Mill

Limit: 8

Visit the Morningstar Mill and the Miller's House and discover the unique representation of early Ontario milling heritage. In 1997 the City of St. Catharines designated the grist mill and the Miller's House as buildings of historic and architectural value and interest under the Ontario Heritage Act. *Not fully accessible for wheelchairs

Workshop Session B:

11:15-12:15pm

Alleviate Stress Naturally

Dr. Scott Figueroa, ND

Limit: 50

For many, stress is so common that it becomes a normal way of life. In small doses, stress can actually be beneficial in helping us perform. However, constant or intense stress levels can seriously affect our physical and mental well-being. In this seminar, Dr. Scott Figueroa will teach you how to gauge your body's stress level at home, and outline some proven, practical solutions to help you reduce and control your stress-hormone response.

Brock Toastmasters

Dorothy Witte, Office of the VP, Finance and Administration

Judith Maiden, Office of the Vice-President, Research

Limit: 30

Develop speaking and leadership skills, learn how to ace a job interview and ignite your career! A membership in Toastmasters is one of the greatest investments you can make in yourself. Toastmasters is a learn-by-doing workshop which participants hone their speaking and leadership skills in a no-pressure atmosphere.

Captured in the War of 1812

David F. Hemmings, Author

Limit: 120

Join Author David F. Hemmings and explore the lives of the British/Canadian soldiers that were captured by the Americans.

Create Your Own Fresh Floral Arrangement

Caroline Dodd, The Watering Can Flower Market

Limit: 36 Material fees: \$7

Have spring fever? Create your own unique floral arrangement and take your piece of art home to your family or loved one. Flowers are meant to be enjoyed - by you and by people who love to receive them. No green thumb is required as you will learn from the experts at The Watering Can Flower Market.

Cross Training

Chris Anderi

Limit: 20

This active workshop will focus on various training methods including learning how to structure a cross-training session and various training principles that are fundamental to achieving desired results! Don't forget your water and workout attire!

Curiosity on Mars

Marie Schmidt, Earth Sciences

Limit: 50

NASA's Curiosity Rover landed in Gale Crater on Mars in August 2012. The nuclear-powered rover is a key part of the Mars Science Laboratory mission, the most complex mission ever to operate on the surface of Mars. Participating Scientist on the Curiosity mission Dr. Marie Schmidt will tell the story of the first rocks and soils encountered by the rover in Gale Crater and how they record past or modern environments on Mars.

Finger Knitting

Jo Stewart, Office of the Dean, Social Sciences

Limit: 25

Finger knitting is an age old craft that is easy to do, involves no tools, and can be done by anyone! Participants will work with yarn to create cowls, hats, and home décor items such as flower bouquets-all with no needles or hooks, just your fingers!

Good and Bad Credit and the Benefits of Debt Reduction

Robert Taylor and David Muirhead, PenFinancial Credit Union

Limit: 100

Being free of financial stress will help your overall sense of well-being. PenFinancial Credit Union's professional Advisors will show you how to create a simple debt reduction strategy. You'll learn how to improve your credit, lower your debt to income ratio and ultimately have the freedom to spend and save without jeopardizing your financial wellness.

How to Work with a Hoarder

Lynn Melloni and Mark Melloni, Urge to Purge

Limit: 30

Is there someone in your life that has a hoarding problem? Are they isolating themselves from their family? Are aspects of their personal life being destroyed? This workshop will show you the basic steps to working with a person who has developed a hoarding problem. This workshop will outline the proper measures to take in order to help a loved one as well as an intervention plan.

Introduction to Pottery and Ceramic Art

Chris Sora, Recreation Services

Limit: 20

Learn the basics of pottery making and ceramic art as well as the principles and process of the art. You will also have the opportunity to have hands-on experience with the tactile and therapeutic nature of the clay.

Outdoor Bootcamp

Jane Lovett

Limit: 18

This full-body circuit training fitness class will involve bodyweight exercises with high intensity circuits. Be prepared in your workout attire and be sure to have your water!

Sandwich Generation: Caught in the Middle

Alison Lahn, Child and Youth Studies

Limit: 30

Are you caught in the middle between aging parents and caring for children? This session will provide caregivers with information on how to balance life, work, and family including where to turn for help, in-home safety, as well as housing options.

The time of your Life: Understanding your past, present, and future well-being

Michael Busseri, PhD, Psychology

Limit: 40

We all hold beliefs about how our lives are unfolding over time. In this session, you will explore the meaning and implications of how people evaluate their past, present, and future satisfaction and happiness.

The Story behind The Painted Girls

Cathy Marie Buchanan, Author

Limit: 50

Learn about the history of the sculpture that inspired The Painted Girls (Edgar Degas' Little Dancer Aged 14) and how author Cathy Marie Buchanan came to write a fictionalized account of the young models life. Ask this *New York Times* bestselling author questions about being an author and have the opportunity to purchase books from the Campus Store.

Twitter 101: Touring the Twittersphere

Jocelyn Titone, Marketing and Communications

Limit: 15

With 200 million active monthly users, Twitter is one of the world's top social networking sites. If you're new to Twitter or intrigued by this "microblog" - this workshop is for you! You will tour the twittersphere, learn the language of Twitter, and discover multiple uses, whether it is personal, business, or for classroom purposes. You can even practice tweeting too!

Yoga for Neck and Shoulder Tension

Diana Bridges

Limit: 20

The nerves in your neck have many jobs, from the movement of your hands and fingers all the way to keeping your sinuses working properly. Explore yoga stretches to relieve neck and shoulder tension and learn how to practice them at home or at work.

Zumba

Doris Kates, DanceFit455

Limit: 50

Ditch the workout and join the party in this one hour fun dance party! Doris will lead participants through the Latin beats of Salsa, Merengue, Bachata and more as you will dance, sweat, laugh, and shake things up together. Be sure to bring a towel, water, and comfortable workout attire.

Workshop Session A/B: 10:00-12:15pm

5k Run/Walk

Zoe Vulic, Human Resources & Environment, Health and Safety Unlimited

Dust off those runners and take part in a morning of accomplishment! All are welcome to participate in this 5k run or walk, regardless of experience level.

Cake Decorating

Ashley Adams, Pastry Chef, Great Wolf Lodge

Limit: 25 Material fee: \$5

Calling all cake lovers! Do you have a sweet tooth? Bakers will learn how to assemble and decorate a cake by various decorating techniques. By the end of the session you will be able to bring your own decorated cake home!

Ice Hockey

Rick Manning, Facilities Management

Limit: 22 Materials fee: \$10

The good old hockey game, is the best game you can name! Sharpen your skates and bring your sticks for a morning of ice hockey. Full equipment required (helmet, gloves, shin pads, pants and skates) in this co-ed, fun, pick-up style game at the Four Pad.

Nature Walk around Brock

Marcie Jacklin, James A. Gibson Library

Limit: 22

Take a leisurely stroll around Brock's environmentally diverse property including the Niagara Escarpment up to the edge of Lake Gibson. The session is enriched by the knowledge and enthusiasm of this amateur bird watcher and nature enthusiast. Don't forget your walking shoes and water!

Power Yoga- Taste of Bootcamp

Darlene Berg, Mathematics

Limit: 50

Join Darlene for this all levels boot camp class and be guided through an energetic, playful flow that invites you to get out of your own way and to create a clearing within for new possibilities! Explore physical blocks and emotional barriers that are holding you back from accessing a deeper and stronger connection to your spirit. Be prepared to sweat, rinse, and shine! Please bring a towel and a yoga mat.

Putters Up!

Jeff Germond, Drew Smythe, and Adam Steinshifter, St. Catharines Golf & Country Club

Limit: 20

For enthusiasts of all levels. Visit the Club, practice on the driving range then take part in a 3 hole short course with assistance of the local pros. Bring along a great attitude and a desire to hit it like a pro! Smart casual golf wear please (no jeans).

Staying Spiritually Healthy

Henrietta Swinkels and Andre Basson, Faith and Life Centre

Limit: 12

The Faith and Life Centre provides opportunities for friendships, education, spiritual counseling, and personal growth. Learn practical exercises to conquer stress and stay spiritually healthy.

Well-being through Shamanic Energy Work and Journey

Tracey Kennedy, Shamanic Practitioner

Limit: 50

Learn the importance of maintaining your Luminous Energy Field and be guided through your own meditation journey. Discover the cleansing of chakras, clearing heavy energy, rejuvenation, and bring healing energy to yourself to increase harmony and integrity.

Wine Glass Painting

Beverly Sneath

Limit: 20 Material fees: \$15

Hand painted wine glasses are all the rage! Join us for a fun way to create unique, personalized wine glasses and let your artistic side take over!

Workshop Session C/D: 1:15-3:30pm

Cake Decorating

Ashley Adams, Pastry Chef, Great Wolf Lodge

Limit: 25 Material fee: \$5

Calling all cake lovers! Do you have a sweet tooth? Bakers will learn how to assemble and decorate a cake by various decorating techniques. By the end of the session you will be able to bring your own decorated cake home!

Game On!

Gary McDonnell, Electronics Shop

Limit: 30

Take part in a great piece of Canadian culture for kids of all ages...the Road Hockey Game! Some sticks can be provided for those who do not have them. Be sure to bring water.

Progressive Euchre Tournament

Heidi Klose, History

Virginia Wagg, Geography

Limit: 40

It's all in the cards! Come out and enjoy a little friendly competition during this fast paced card game in a tournament style. Have fun with old friends and new. Get ready to win with grace, lose with humour and have a great time regardless.

Putters Up!

Jeff Germond, Drew Smythe, and Adam Steinshifter, St. Catharines Golf & Country Club

Limit: 20

For enthusiasts of all levels. Visit the Club, practice on the driving range then take part in a 3 hole short course with assistance of the local pros. Bring along a great attitude and a desire to hit it like a pro! Smart casual golf wear please (no jeans).

Tile Painting with Acrylics

Beverly Sneath

Limit: 25 Material fees: \$10

Painted tiles can be used as a decoration piece or a trivet and are a great addition to any home. Join us for a workshop to open up your creative style.

Tour the Recycling Plant

Bert Murphy, Preservice Education

Limit: 20

Take a peak into the Niagara Regions recycling plant. Learn about how your city safely and responsibly manages waste and recycling materials. Find out where all of your recyclables go and how they are collected and sorted.

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Workshop Session C:

1:15-2:15pm

Black Gold: Compost is good for EVERYTHING that Grows!

John Dick, Facilities Management

Limit: 30

Compost provides a wide range of important micronutrients not found in commercial fertilizers.

Learn how to make and use compost for healthy plants. Brock's Grounds Manager, John Dick, will show you the ins and outs of one of Mother Nature's best elixirs!

Create Your Own Fresh Floral Arrangement

Caroline Dodd, The Watering Can Flower Market

Limit: 36 Material fees: \$7

Have spring fever? Create your own unique floral arrangement and take your piece of art home to your family or loved one. Flowers are meant to be enjoyed - by you and by people who love to receive them. No green thumb is required as you will learn from the experts at The Watering Can Flower Market.

Creating and Preserving Meaningful Moments

Tara Ostaszewicz

Limit: 30 Material fees: \$15

This digital and paper scrapbooking seminar will introduce you to multiple ways of how to easily preserve and display your photos as well as create meaningful gifts. Learn about digital scrapbooking, calendar making, and card making as well as how to take better pictures. You will create your own personalized "Simply Said" scrapbook including your 4x6 photos to take home to someone special! Please confirm your choice at the time of registration for "Simply Said" Scrapbook of choice (Dream Big, Grandparent, Hope, Love Mom, or Teacher) and don't forget to bring your photos!

Decluttering: Your Guide to Physical, Emotional, Mental, and Financial Wellness

Lynn Melloni and Mark Melloni, Urge to Purge

Limit: 30

Learn about the effects of clutter on a person's physical, emotional, mental, and financial state and the negative effects on families. A guest who was once suffocating in her own clutter will share her physical, emotional, and mental adversities as well as the wellness she now experiences.

EFAP Orientation

Chico Singh, Shepell·fgi

Limit: 30

For those eligible employees who have Employee and Family Assistance Program coverage, please join us to learn the breadth of available resources.

Happiness Habits

Diana Bridges

Limit: 40

There are a number of behaviours, traits, and habits that have been identified as leading to happiness in recent positive psychology research. Learn about current research and partake in participatory exercises including pursuing your personal research on the cultivation of joy.

Hips Don't Lie - Belly Dancing

Doris Kates, DanceFit455

Limit: 50

Come and engage in this one hour workshop where "hips don't lie"! Here you will discover the fine art of belly dancing and the sensual language it reveals. Learn basic hip circles, hip drops, and Egyptian shimmies! Shimmy skirts will be provided or you may wish to bring your own.

Introduction to Reducing Stress: Techniques and Strategies you need to live a more balanced, joyful life!

Darcy Burkhardt Renna, Exactly As You Are

Limit: 100

Learn mental techniques and strategies to dramatically reduce stress including time management skills and communication skills that will assist you in saying YES to yourself. Darcy's mission is to help people regain connection, peace, and wholeness in their inner world so they can naturally express that in their outer world.

Introduction to Yoga

Teighan McIntyre

Limit: 24

Focus on linking breath and movement through various asanas (sequence of poses) and improve your stability and mobility in this relaxing class! Be sure to bring your workout clothes and water for this introductory session of yoga.

Mortgages and Home Buying 101

Robert Taylor and Jason Vokey, PenFinancial Credit Union

Limit: 100

Buying a home will be the most important (and most stressful) purchase you make in your lifetime. PenFinancial Credit Union mortgage Advisors will help you make sense of all of the mortgage "jargon" by providing you with a step by step guide including what is a mortgage, qualifying for a mortgage, types of mortgages, down payment options, and choosing the right home.

New Research on Laura Ingersoll Secord

David F. Hemmings, Author

Limit: 120

Discover and explore never before seen photos and information on the life and family of Laura Secord with Author David F. Hemmings.

Pedorthic Services Available at Brock University

Kelly Levac-Robb

Limit: 25

Learn and discuss foot care, common lower limb conditions, footwear, orthotics, and conservative treatment.

Personality Dimensions

Dr. Mike Ashton, Psychology

Limit: 50

Curious as to why people act the way that they do? Learn about the six basic personality characteristics, how they are measured, why people differ so much in their personalities, and how personality differences matter in life.

Spirit of Sound: DJing for Fun

Franco Maddalena, Custodial

Jonathan Blaney and Michael Vincent Cuviallo

Limit: 20

DJ for fun and discover the basics of DJing while learning about the cool aspects of being a DJ. You will have the opportunity to work with mixers, microphones, as well as both CD and digital music libraries.

The New Marilyn I. Walker School of Fine & Performing Arts

Douglas Kneale, Dean of Humanities

Unlimited

With video, architects' drawings, and the latest photos from the construction site downtown, this presentation will update members of the Brock community of the new, state-of-the-art home of the Marilyn I. Walker School of Fine & Performing Arts, scheduled to open in 2015.

Tour the Kinesiology Labs at Brock University

Greig Inglis, Faculty of Applied Health Sciences

Limit: 20

Take a peek of the kinesiology research and teaching labs to learn what researchers are currently doing. Have the opportunity to view the new buildings and teaching labs on Brock's campus and see where Brock researchers push back the boundaries of yesterday's understanding and look beyond tomorrow's frontiers.

Workshop Session D:

2:30-3:30pm

Bike Brock: Commuting 101

Virginia Stewart, Bike Niagara

Limit: 20

Are you an inspiring commuter to Brock? Wonder what kind of bike you need? Whether you are going up the Glenridge Hill or down Cataract Road, each option demands different skills and knowledge on how to "share the road" with cars and buses. Learn how to choose the right bike and acquaint yourself to the principles of safe riding. Bike commuter already? Bring your bike and share your stories!

Black Gold: Compost is good for EVERYTHING that Grows!

John Dick, Facilities Management

Limit: 30

Compost provides a wide range of important micronutrients not found in commercial fertilizers.

Learn how to make and use compost for healthy plants. Brock's Grounds Manager, John Dick, will show you the ins and outs of one of Mother Nature's best elixirs!

Drumfit

Kim Gammage, Kinesiology

Limit: 30

Suitable and fun for all ages and abilities: drum to music on stability balls. Engage your entire body in this physical well-being experience and focus your mind on the absorbing task of following and creating rhythm.

Food Safety and Making Healthy Choices

Andre Laflamme and Janice Gardner-Spiece, Niagara Public Health

Limit: 25

Are you providing your family with safe and nutritious food? Learn about purchasing, storage and preparation practices you can use at home plus safe food handling practices to make healthy and informed food choices.

For the Birds

John Black

Unlimited

Discover the health and fitness benefits of bird-watching. From filling backyard feeders to climbing mountains in Borneo, birders get physical as they search for 10,000+ species, but the rewards are emotional, spiritual and intellectual too. You'll be hooked!

Kick Start your Bucket List

Brendan Barrett, Registrar's Office

Limit: 50

Traditionally a list of things you'd like to do before you die, or "kick the bucket." Learn the ins and outs of creating your own, and how it can be used as a tool for discovering/fostering what is most important to you in your life.

Knitting Fingerless Gloves

Allison Baker

Limit: 15 Material fee: \$10 OR can bring your own 100gm ball of worsted weight yarn. Bring 4.5-5mm double pointed needles and 2 stitch markers. Fingerless gloves or "glovelettes" are garments worn on the hands which resemble regular gloves in most ways, except that the finger columns are half-length and opened, allowing the top-half of the wearer's fingers to be shown. You will have the opportunity to make a pair of your own! Perfect for texting!

Making Time Work for You

Jacque Herman, Shepell-fgi

Limit: 30

This session will teach participants that they cannot control time but can control their actions and priorities. By understanding and applying the principles of personal management around time, they will be able to transform an overwhelming day into a productive and satisfying one.

Opera: a lover's introduction

Sid Segalowitz, Psychology

Limit: 50

Opera is a mixed arts medium, focusing on music but equally dependent on drama and visual arts. This introductory workshop to opera will allow participants to share what they enjoy about the genre and what they find interesting. Discover and discuss famous opera excerpts and gain new perspectives about the genre.

Out of Country Travel Benefits

Susan Griffith, Green Shield Canada

Limit: 30

Gain insight into the world of Travel Benefits in Brock's extended health including pre-trip assistance, how to use the network in the event of a medical emergency, what-if scenarios and the international claims process.

Sing-a-Long to Grease!

Emily Lenz and Linda Hilko, Centre for the Arts

Limit: 40

Grease enthusiasts required! Sing along devotedly with the Grease soundtrack and reminisce on the love story of Danny and Sandy. Lyrics will be provided for you!

Tax Free Savings Accounts

Mary Ann Major, Scotiabank

Limit: 30

Have you taken advantage of the Tax Free Savings Account the Federal Government introduced in 2009? Learn how you can earn tax free investment income!

Teaching of the Buddha with Meditation

Tuyen Nguyen

Limit: 25

Life is present in every moment. If we are carried away by thoughts, worries, and anxieties or caught by plans after plans, we are not able to touch the wonders of life. Teaching of the Buddha, coming back to our breathing, is the key to bring our mind and body to oneness. Participants will be guided through a mediation session.

The Art of Tea

Elizabeth Ye and Kefu Zhu, Confucius Institute

Limit: 20

China has a long history of harvesting the leaves from tea trees. Discover the origin of tea as a beverage and its medicinal healing properties. Observe traditional preparation rituals, then sample different types -- Ah!

Tour the Kinesiology Labs at Brock University

Greig Inglis, Faculty of Applied Health Sciences

Limit: 20

Take a peek of the kinesiology research and teaching labs to learn what researchers are currently doing. Have the opportunity to view the new buildings and teaching labs on Brocks campus and see where Brock researchers push back the boundaries of yesterday's understanding and look beyond tomorrow's frontiers.

Tunnel Tour

Dave McArthur and Scott Johnstone, Facilities Management

Limit: 20

Most people are unaware of the network of service tunnels below the main campus; the longest is actually 1.54 km! Be one of the few to discover this hidden but highly functional world upon which we depend. Closed-toe shoes are required.

Video Games and Kids: Unlocking the Learning Potential

David Hutchison, Teacher Education

Limit: 35

Discover strategies that parents can use to help their children mediate and moderate their video game play as well as link video game play to positive learning. Participate in hands-on activities, join in on the discussion, and discover online tools.

Workshop Session A/B/C/D: 10:00-3:30pm

Brock Cares Day of Service

Kristen Smith, Student Life and Community Experience
Unlimited

Ready to spend your day making a difference? Try the off-campus volunteer opportunity to feel the synergy of giving back. Volunteers will spend the day at a local agency helping out with projects that will make a positive impact in the Niagara Region. Boxed lunches will be provided.

In His Footsteps: The Monuments and Battlefield of Queenston Heights

Renee Lafferty-Salhany, History

Limit: 30

Visit historic Queenston Heights and follow in the last steps of Sir Isaac Brock, who charged up the hill over 200 years ago to push back the American invaders. We will tour the village -- including Laura Secord's Homestead -- explore the many monuments on the Heights and in the village, and you will finally have an answer to that age-old burning question: why we are "Brock" University and not "Sheaffe" University. Comfortable clothes, sturdy shoes, a hat & a water bottle .

Opening Plenary 9:00am

Denise Balch is the President and Founder of Connex Health, a recognized leader in providing comprehensive and measurable employee health solutions to Canadian employers. Denise will be delivering the opening plenary at this year's Wellness Day, focussing on wellness in relation to mental and physical health.

Transportation

For those workshops held off-site, bus transportation will be provided. More details will follow at close of registration.

Closing Remarks 3:45pm

Please join us at 3:45pm in the Sean O'Sullivan Theatre for closing remarks, penny sale pick-up, the bike draw, and to announce the winners of the fitness challenge!

