



## Session Titles



Please select at least six sessions you would like to attend and place the number beside the session title in the space marked “Session Selections” on the registration sheet:

1. How to Feel Good
2. Teacher Renewal: Creating Peace Cultures in Elementary / Secondary Urban Schools
3. Nutrition and Wellness
4. No Teacher Left Behind
5. Emotional / Social / Mental Wellness in K-12 Settings
6. How to End Each Day With More Energy Than You Started
7. The Missing Piece: the Prevention of Depression in The Workplace
8. Why Are You Here? Discovering Your Personal Mission Statement
9. Proper Ergonomics and Stress Reduction for Today’s Educator
10. The Eight Healthiest Things Educators Can Do For Their Students and Schools
11. The History of the Wellness Movement
12. K-12 Wellness – What Is It?
13. Wellness Programming Ideas and Activities for K-12 Settings
14. Building Healthy Work Cultures
15. Connection: The Currency of Wellness
16. Creating Ideal Work Environment for Health and Wellness Promotion
17. The Future of Health Promotion – A World in Need of Change: Inspiring Outcomes and Renewing Hope
18. Creating a Conscious Culture of Healthy Relationships
19. Management Coaching: Healthy Workplace...One Conversation At A Time
20. The Impact of Incentives on Health Assessment Participation
21. How To Be The Best Boss
22. Weight Management – Society’s Massive Problem: Motivational Interventions – Our Effective Solution
23. Breaking The Sugar-Stress Cycle
24. The Economics of Your Emotional Balance: Creating a Surplus of Positive Emotions for Overall Wellness
25. Fitness After 50: Smart Activity Programs for the Second Half of Life

 **8 Steps to Educator Wellness Conference**

1.  Select a Site Team Health / Wellness Coordinator Contact. (This is typically a person who is energized about motivating health and wellness within the building.)
2.  Select Site Team Members
3.  Select the Conference to attend
4.  Have each Site Team Member complete an Individual Registration Worksheet.
5.  Complete this Site Team Registration Worksheet with information from the Individual Registration Worksheets.
6.  Determine your method of payment and registration:
  - Credit Card – Follow Step-One Online Registration Procedures and pay online with a credit card immediately secure your conference and session choices.
  - Purchase order – Follow Step-Two Online Registration Procedures and fax your Individual and Educator Wellness Conference Site Team Registration Worksheets with a copy of the purchase Order as soon as it is available. Session selections and eligibility for Early Bird discounts are secured when Educator Well-Health, Inc. receives the faxed Purchase Order.
  - Check -- Follow Step-Two Online Registration Procedures and mail your Individual and Site Team Registration Worksheets with a check as soon as possible. Session selections and eligibility for Early Bird discounts are secured when Educator Well-Health, Inc. receives your check.
7.  Go to [www.educatorwellhealth.com](http://www.educatorwellhealth.com) and follow the step by step guide for payment.
8.  If you are unable to register online, follow the procedures for registering by fax or mail.

 **School Contact Information (Please print legibly)**

Contact Name \_\_\_\_\_ District \_\_\_\_\_

School Name \_\_\_\_\_

Email (**Mandatory** – must be accessible all year) \_\_\_\_\_

Contact Phone (with area code) \_\_\_\_\_

 **Site Team Member Information**

EACH MEMBER MUST COMPLETE AN INDIVIDUAL REGISTRATION WORKSHEET AND SELECT SESSIONS

Team Member Name	Sessions	Paid For By <small>(District, Region, Site)</small>	Payment Method <small>(Credit Card, PO, Check)</small>
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____