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# 2009 CSJ EMPLOYEE WELLNESS CONFERENCE SCHEDULE

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CITY OF SAN JOSE - CITY HALL  
FRIDAY, AUGUST 21, 2009

Register to attend any of the listed sessions at:  
[www.sanjoseca.gov/wellness](http://www.sanjoseca.gov/wellness)



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**8:00 AM – 9:30 AM**

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## CONFERENCE OPENING REMARKS AND GUEST SPEAKERS

**City Staff: Executive Leadership**

**Guest Speaker: Wes Alles, Ph.D.**

**Organization: Stanford University Employee Health Improvement Program**

**Guest Speaker: Dr. Neal A. Scott**

**Organization: Heart and Vascular Associates, Mountain View**

**Room: Council Chambers, Check-in; 7:30 – 8:00 a.m., 1<sup>st</sup> Floor near the Rotunda**

**Time: 8:00 a.m. – 9:30 a.m.**

Opening remarks will be provided by City leadership. Guest speakers include Wes Alles, Ph.D.; Director of Stanford University's Employee Wellness Program and Dr. Neal A. Scott, Ph.D.; board-certified physician for Internal Medicine, Cardiovascular Disease and Interventional Cardiology with a special clinical interest in preventive heart health. Kaiser Permanente and Blue Shield representatives will discuss the wellness benefits which are offered to our employees through their respective plans. The first 250 registered attendees that arrive to check-in for this event will receive a copy of *The Culprit and the Cure* by Steven G. Aldana, Ph.D.; an informative, commonsense book with advice for not only *what* we should do, but also *how* we can adopt healthier lifestyles and habits. Employees in positions of leadership are especially encouraged to attend. This event is open to all benefited employees. 319 seats available.

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**9:45 AM – 10:45 AM**

**10 Wellness Topics Offered**

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## HEART HEALTH

**Presenter: Dr. Neal A. Scott**

**Sponsor: American Heart Association**

**Organization: Heart and Vascular Associates, Mountain View**

**Room: Council Chambers**

**Time: 9:45 a.m. – 10:45 a.m.**

Dr. Scott received his Bachelor of Science in Chemistry from Stanford University, his M.D. from Harvard Medical School and his Ph.D. from MIT. He's board certified in Internal Medicine, Cardiovascular Diseases and Interventional Cardiology. A prolific producer of ideas and information on heart health, he has over 100 publications and over 20 patents issued or pending. His clinical interests are preventive cardiology, hypertension, interventional cardiology and non-invasive coronary angiography. Dr. Scott will address our employees as one of the keynote speakers during the opening morning session. At 9:45 am, he will take the podium again to continue to discuss, in greater detail, the importance of heart health. Employees interested in achieving or maintaining a healthy heart are invited to register and attend. 319 seats available.

## COOL CUISINE – Taking the Bite Out of Global Warming

**Presenter: Dr. Eugene Cordero – Coauthor; *Cool Cuisine***

**Organization: San José State University**

**Room: W-120**

**Time: 9:45 a.m. – 10:45 a.m.**

*Cool Cuisine* explores the multiple connections between the food we eat and global warming by blending science, art and food in a manner that engages and inspires solutions. And not surprisingly, when we eat healthier for the planet, we also eat healthier for ourselves. Dr. Cordero will discuss the three main goals of the book: 1) to educate readers on the science of global warming using the 'disguise' of a cookbook, 2) to explore how our food choices can significantly reduce our carbon footprint and 3) to provide a 'how to' for changing the food we eat through tips and easy to follow recipes. Dr. Cordero is an associate professor in

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the Department of Meteorology at San José State University where he teaches courses in climate change and works to improve methods of public education that engage and stimulate social change in the community. He has graciously offered his time to participate in our Wellness Conference and has generously donated a signed copy of *Cool Cuisine* which will be offered as a door prize for employees who attend the Wellness Fair in the Rotunda from 11 am – 2 pm. *Cool Cuisine* can also be purchased locally at the Spartan Bookstore on the San José State University campus. 58 seats available.

#### **DIABETES PREVALENCE AND PREVENTION**

**Presenter: Jesse De La Cruz**

**Organization: American Diabetes Association**

**Room: W-119**

**Time: 9:45 a.m. – 10:45 a.m.**

Diabetes is associated with an increased risk for a number of serious, sometimes life-threatening complications. Controlling diabetes can help reduce risk, however many people are not even aware that they have diabetes until they develop one of its complications. There are many factors that affect an individual's possibility for developing type 2 diabetes. Some factors can be controlled, like whether or not you smoke, and some you can't, such as your age. It's important to know where you stand in your risk for diabetes so that you can take steps to lower your risk and lead a longer, healthier life. Attend this session to learn more about this disabling, yet many times preventable, disease. Register and attend if you have diabetes, are at risk for developing diabetes or are a caregiver. Jesse is the Associate Director for the American Diabetes Association for the San José area. 58 seats available.

#### **INTRODUCTION TO FOAM ROLLER EXERCISES**

**Instructor: Mercy Bobias-Lain**

**Organization: Apex Pilates Personal Training**

**Room: W-118**

**Time: 9:45 a.m. – 10:45 a.m.**

Learn how to roll out your aches and pains using a foam roller. A foam roller is a useful tool to improve flexibility, balance, strength and muscular awareness and allows for the release of muscle tightness in areas that are difficult to reach with ordinary stretches. Come dressed in comfortable clothing and be ready to experience a deeply satisfying and relaxing form of self-massage. Exercises and stretches will be taught in a carpeted room and foam rollers will be provided. Mercy is a graduate of San Jose State University with a BS in Recreational Therapy and a CA State Certified Recreational Therapist. She is also the Fitness Program Director of Employee Benefit Services for the County of San Mateo. This session is limited to 15 participants.

#### **OPTIMUM HEALTH FOR MEN**

**Instructor: Wendy Willow Wark**

**Organization: Managed Health Network**

**Room: W-262**

**Time: 9:45 a.m. – 10:45 a.m.**

The leading causes of death today are heart disease, cancer and stroke. This workshop focuses on the diseases that affect men the most, and provides education on disease prevention and risk reduction strategies as they apply to men. Register and attend if you are interested in this topic for yourself or if you are a caregiver for someone at risk. Ms. Wark has conducted graduate research in American Studies at Columbia University and was a Ford Fellow in American Studies at City University of New York and earned high honors at Cambridge University in the UK. 35 seats available.

#### **HELPING YOUR CHILD LOSE WEIGHT**

**Instructor: Pam Wright**

**Organization: Managed Health Network**

**Room: T-644**

**Time: 9:45 a.m. – 10:45 a.m.**

Childhood obesity is reaching near-epidemic proportions, with poor dietary habits and physical inactivity among the main contributing factors. However, by addressing these two factors, parents can improve children's health by gaining control over their weight. This program is targeted to the parents of overweight children wanting to facilitate the child's weight-loss process. Register and attend if you are a parent with a child at risk or are a caregiver for one. Pam Wright has a BS in Health Science from San Francisco State University and is currently working on an MS in Exercise Physiology. 18 seats available.

**READINESS FOR HEALTHY CHANGE**  
**Instructor: Barbara Regan**  
**Organization: Managed Health Network**  
**Room: T-955**  
**Time: 9:45 a.m. – 10:45 a.m.**

This program is for anyone who has ever tried to make healthy changes in their life, and had trouble sticking with their plan. What sabotages change efforts? Is it a lack of information, lack of creative problem-solving, or something else? In this workshop participants will discuss the necessary planning steps leading to desirable change. Barbara Regan, M.A., LMFCC, has been in private practice for over 15 years and has certification in Biofeedback and is a Master Addictions Counselor. 20 seats available.

**DEVELOPING AND MAINTAINING A HEALTHY LIFESTYLE**  
**Leader: Melanie McDougall**  
**Organization: Weight Watchers, Inc.**  
**Room: T-1047**  
**Time: 9:45 a.m. – 10:45 a.m.**

Learn about the process for setting realistic goals for body weight and ideas for moving more to increase daily activity. See how to handle life's saboteurs and plan ahead for success. Come away with a better understanding of nutrition; how to read labels and what the term "portion distortion" means. Recognize the importance of asking for help from family and friends when laying a foundation for behavior or lifestyle modification, and how to get started on a life-changing weight loss plan. Melanie is a Weight Watchers At-Work Program Ambassador and has successfully lost 56 pounds herself using the Weight Watchers philosophy prior to working for the company. 20 seats available.

**HELPING YOUR TEEN MANAGE HEALTHY WEIGHT**  
**Instructor: Caryl Fuller**  
**Organization: Managed Health Network**  
**Room: T-1254**  
**Time: 9:45 a.m. – 10:45 a.m.**

An increasing number of teenagers are struggling with healthy weight management issues. Whether overweight or facing the challenges of food addiction, anorexia or bulimia, our teens can be at risk for various medical problems which also have adverse affects on their self-esteem. This program provides information on the nutrition and exercise basics to help you help your teen get started on a healthy, balanced weight-loss plan, and on how to identify the symptoms of more serious weight-related conditions. Caryl is a guest lecturer in Creativity at Stanford University's Graduate School of Business and is a faculty member of Sonoma State University's EXCEL program. 17 seats available.

**SMOKING CESSATION**  
**Instructor: Sue Bielstein**  
**Organization: Managed Health Network**  
**Room: T-1352**  
**Time: 9:45 a.m. – 10:45 a.m.**

Smoking is a powerful addiction, and making the decision to quit is not an easy one. When asked, most smokers indicate that they want to break both the physical addiction and the psychological dependence that nicotine creates. This workshop discusses the steps that smokers can take in order to become tobacco-free, including guidelines for maintaining the new non-smoking habit. Sue holds a BA in Psychology from San Francisco State University and a MA in Language Arts/Literature from San Jose State University. 20 seats available.

**11:00 AM – 12:00 AM**

**11 Wellness Topics Offered**

**PROTECT YOUR SKIN FROM SUN DAMAGE**  
**Presenter: Dr. Aleda Jacobs**  
**Sponsor: Blue Shield**  
**Room: City Hall – W-120**  
**Time: 11:00 a.m. – 12 noon**

Attend this informational session to learn how to protect your skin from the sun's harmful effects. Come away with a better understanding of how sun block and sunscreen products work and why we need to use

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one every day. See examples of what happens when this important environmental protection isn't used. After the presentation, visit the Wellness Fair in the Rotunda where visitors can take a look at their own skin with a specialized DermaView machine using ultraviolet light which will show skin damage that's invisible to the naked eye. This session should be of particular interest to employees who work or play outdoors. Dr. Jacobs is a Board Certified Dermatologist and UC Berkeley graduate. She attended the University Of Rochester School Of Medicine and Northwestern University. She completed her Dermatology residency at Baylor College of Medicine where she was named Outstanding Resident Teacher. 58 seats available.

### **FITNESS AND YOUR BRAIN: AVOIDING DEMENTIA**

**Instructor: Beth Weisberg**

**Organization: Managed Health Network**

**Room: W-119**

**Time: 11:00 a.m. – 12 Noon**

Dementia refers to a group of mental conditions that interfere with a person's ability to think clearly, make decisions and carry out the activities of daily living. Dementia is expected to become more prevalent as our elderly population increases. This workshop discusses ways to prevent or forestall the onset of dementia. Beth's academic credentials include a Master of Arts degree from the University of Illinois and is the owner and principal consultant of a local firm specializing in Human Resources consulting, training, coaching and effectively delivering change. 58 seats available.

### **INTRODUCTION TO YOGA AND MEDITATION**

**Instructor: Marta Weinstock**

**Organization: Soula Power Yoga**

**Room: W-118**

**Time: 11:00 a.m. – 12 Noon**

Spend an hour exploring the power of yoga and meditation. Learn simple techniques for relieving back, shoulder and neck stress. Participants will be guided through stretches that can be used in the workplace and while at your desk. The session will conclude with a guided practice in breathing and meditation which will help participants gain insight to effective ways to relax and quiet busy minds. Marta is an accomplished instructor who studied in Boston and has trained with America's celebrated yoga leaders, including Baron Baptiste, Rolf Gates, Ana Forrest, Beryl Bender Birch and Mimi Louriero. Soula Power Yoga is the 2009 Winner of the *Best of the Bay* by KRON-4. This session is limited to 20 participants.

### **OPTIMUM HEALTH FOR WOMEN**

**Instructor: Wendy Willow Wark**

**Organization: Managed Health Network**

**Room: W-262**

**Time: 11:00 a.m. – 12 Noon**

The leading causes of death today are heart disease, cancer and stroke. This workshop focuses on the diseases that affect women the most, and provides education on disease prevention and risk reduction strategies as they apply to women. Register and attend if you are interested in this topic for yourself or if you are a caregiver for someone at risk. Wendy has conducted graduate research in American Studies at Columbia University and was a Ford Fellow in American Studies at City University of New York and earned high honors at Cambridge University in the UK. 35 seats available.

### **SUMMER CUISINE – FAST AND SASSY**

**Instructor: Laura Stec – Coauthor; *Cool Cuisine***

**Sponsor: Kaiser Permanente**

**Location: Bamboo Garden**

**Time: 11:00 a.m. – 12 Noon**

Who has time to cook during the summer? There are too many fun things going on! Learn quick and easy summer dishes based on summer's produce stars; tomatoes, green beans, peppers and summer squash during this cooking demonstration. Attendees will also see how to pack for a picnic and see summer grilling techniques. Laura is coauthor of the book: *Cool Cuisine* and is a Bay Area chef and environmental advocate with over 25 years' experience in the food industry and teaches the artistry, health and energetics of cooking. She trained at the Culinary Institute of America, the School of Natural Cookery and the Vega Macrobiotic Study Center. Laura joined Kaiser Permanente as their Culinary Health Educator in 1989. *Cool Cuisine* can be purchased locally at the Spartan Bookstore on the San José State University campus. 50 seats available.

## **DRUM CIRCLE PARTICIPATION**

**Leader: Jim Greiner**

**Organization: Hands-On! Drumming**

**Location: West Plaza seating area**

**Time: 11:00 a.m. – 12 Noon**

Participating in a drum circle has been shown to have a positive impact on the immune system and relieves stress. Drumming is an exercise which burns calories, improves mood and may reduce the risk of disease. Recreational music-making exercises the mind and creates an opportunity for building positive relationships and teams. Jim Greiner conducts interactive rhythm programs locally and worldwide for corporate team building, therapeutic and other groups interested in increasing wellness and combining exercise and community. Jim has offered to provide percussion instruments for up to 100 participants! Come and see what a little drumming can do for you.

## **HELPING YOUR CHILD LOSE WEIGHT**

**Instructor: Pam Wright**

**Organization: Managed Health Network**

**Room: T-644**

**Time: 11:00 a.m. – 12 Noon**

Childhood obesity is reaching near-epidemic proportions, with poor dietary habits and physical inactivity among the main contributing factors. However, by addressing these two factors, parents can improve children's health by gaining control over their weight. This program is targeted to the parents of overweight children wanting to facilitate the child's weight-loss process. Pam Wright has a BS in Health Science from San Francisco State University and is currently working on an MS in Exercise Physiology. 18 seats available.

## **COPING WITH DEPRESSION**

**Instructor: Barbara Regan**

**Organization: Managed Health Network**

**Room: T-955**

**Time: 11:00 a.m. – 12 Noon**

A severe or prolonged sadness can interfere with your life and work, or the life of someone you know, making normal activities impossible. You can help yourself, a co-worker or family member by recognizing the signs of depression and taking action. This workshop discusses the causes and symptoms of the illness of depression and offers guidelines on disease identification and treatment. Barbara Regan, M.A., LMFCC, has been in private practice for over 15 years and has certification in Biofeedback and is a Master Addictions Counselor. 20 seats available.

## **WALKING TO HEALTH**

**Instructor: Rebecca Kieler**

**Organization: Managed Health Network**

**Room: T-1047**

**Time: 11:00 a.m. – 12 Noon**

Described by experts as "almost perfect exercise," regular walking can improve stamina, energy and life expectancy, while reducing many common health risks. Walking aids in stress relief, weight control and sleep enhancement. This program assists participants in creating a personal plan to walk for health benefits. Rebecca is committed to coaching individuals through career and business transition. Rebecca has worked with individuals and companies in career and business transitions for 25 years, and brings her passion and professional experience from various experiences as an entrepreneur, social worker, recruiter and HR professional. 20 seats available.

## **HELPING YOUR TEEN MANAGE HEALTHY WEIGHT**

**Instructor: Caryl Fuller**

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plan, and on how to identify the symptoms of more serious weight-related conditions. Caryl is a guest lecturer in Creativity at Stanford University's Graduate School of Business is a faculty member of Sonoma State University's EXCEL program. 17 seats available.

### **WEIGHT MANAGEMENT**

**Instructor: Sue Bielstein**

**Organization: Managed Health Network**

**Room: T-1352**

**Time: 11:00 a.m. – 12 Noon**

With over 63 percent of Americans overweight or obese, weight management is increasingly becoming the #1 health concern in the U.S. The popular media provides a barrage of conflicting information on effective weight management techniques. This program provides information on the nutrition and exercise basics to get you jump-started on a healthy, balanced weight-loss plan. Sue holds a BA in Psychology from San Francisco State University and a MA in Language Arts/Literature from San Jose State University. 20 seats available.

**1:00 PM – 2:00 PM**

**9 Wellness Topics Offered**

### **AIR QUALITY AND LUNG HEALTH**

**Presenters: Lindsay Space, Liz Gregor and Vanessa Marvin**

**Organization: American Lung Association of California**

**Room: W-120**

**Time: 1:00 p.m. – 2:00 p.m.**

The American Lung Association of California (ALAC) advocates for local and statewide policies that protect your ability to breathe. From reducing air pollution and global warming, to preventing and treating lung disease, to making sure everyone has access to quality healthcare, the ALAC is helping California become a healthier place to live and work. Representatives from the American Lung Association will discuss how indoor and outdoor air quality can affect your lung health. Californians breathe some of the unhealthiest air in the nation. Learn about the top sources of air pollution and how you can support cleaner solutions at work and at home by changing cleaning products and making environmentally conscious lifestyle changes. Lindsay is a Development Coordinator who will talk about outdoor air quality issues and Liz is a Program Manager who will discuss indoor air quality. Vanessa is a Policy Organizer for the Center for Tobacco working in cooperation with the ALAC; she will discuss the health hazards of second-hand smoke. 58 seats available.

### **COLON CANCER: PREVENTION AND DETECTION**

**Presenter: Dr. Richard Adrouny**

**Sponsor: American Cancer Society**

**Room: W-119**

**Time: 1:00 p.m. – 2:00 p.m.**

What foods you eat and drink, how active you are, and other lifestyle behaviors can affect your risk for cancer. Regular colorectal cancer screening or testing is one of the most powerful weapons for preventing the development of colorectal cancer. Screening is the process of looking for cancer in people who have no symptoms of the disease. Today, simple non-invasive testing kits, designed for use in the home are an effective way to screen for the threat of colon cancer. When cancers are found and treated early, chances of a recovery greatly increase. Attend this session to find out more about the risks associated with colon cancer and what you can do to reduce them. 58 seats available.

### **YIN AND RESTORATIVE YOGA**

**Instructor: Veronica Cruz**

**Organization: Downtown Yoga Shala**

**Room: W-118**

**Time: 1:00 p.m. – 2:00 p.m.**

This is a non-participatory demonstration of two different types of yoga; Yin Yoga and Restorative Yoga. Yin Yoga focuses on the deeper connective tissues and joints. 1.) Yin Yoga opens up the deep, dense, rarely touched areas of the hips, pelvis and lower back to encourage energetic flow, circulation and healing in these areas. Poses are held for longer periods of time, allowing participants to passively surrender into a pose instead of contracting muscles. Poses are supported by props such as bolsters, blocks, and/or blankets. 2.) Restorative Yoga is an all-around method for individuals looking to deeply relax, unwind and

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melt away stress. Calming breath exercises and a series of restful postures, using bolsters and other props help to fully support the body while refreshing the mind. Veronica is a certified yoga instructor, having completed teacher training in Ashtanga Yoga from Larry Shultz, and Power Vinyasa Yoga with Baron Baptiste. This session is limited to 20 participants.

### **RESOURCES FOR SENIORS, THEIR FAMILIES AND CAREGIVERS**

**Presenters: Tina Wong-Erling & Stella Gutierrez**

**Organization: Parks, Recreation and Neighborhood Services (PRNS) Office on Aging**

**Room: W-262**

**Time: 1:00 p.m. – 2:00 p.m.**

Participants of this workshop will learn about the City's services for seniors, families, and their caregivers. Senior programs sponsored by PRNS serve the active senior population and the frail senior population and everybody in between. For example, did you know that Older Adult Resource Specialists are available to meet with clients in their homes or at various community/senior centers to evaluate needs and explore service options? Whether you are seeking senior services for your parents or yourself, you don't want to miss this presentation. Tina is a Gerontology Supervisor and Stella Gutierrez is Gerontology Specialist. 35 seats available.

### **I HATE COOKING – NOW WHAT?**

**Instructor: Laura Stec – Coauthor; *Cool Cuisine***

**Sponsor: Kaiser Permanente**

**Location: Bamboo Garden**

**Time: 1:00 p.m. – 2:00 p.m.**

Don't like to cook? That's ok - but you still have to eat. Learn how to piece together healthy meals without spending a lot of time in the kitchen. You'll learn how to combine prepared food dishes with quick cooking vegetables and whole grains to create a well balanced meal. We'll also look at foods found in the average kitchen and turn them into quick meals. Employees attending this cooking demonstration will receive a shopping list with delicious and healthy "I Hate Cooking" food choices. Laura is coauthor of the book: *Cool Cuisine* and is a Bay Area chef and environmental advocate with over 25 years' experience in the food industry and teaches the artistry, health and energetics of cooking. She trained at the Culinary Institute of America, the School of Natural Cookery and the Vega Macrobiotic Study Center. Laura joined Kaiser Permanente as their Culinary Health Educator in 1989. *Cool Cuisine* can be purchased locally at the Spartan Bookstore on the San José State University campus. 50 seats available.

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**Instructor: Rebecca Kieler**

**Organization: Managed Health Network**

**Room: T-644**

**Time: 1:00 p.m. – 2:00 p.m.**

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### **READINESS FOR HEALTHY CHANGE**

**Instructor: Barbara Regan**

**Organization: Managed Health Network**

**Room: T-955**

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This program is for anyone who has ever tried to make healthy changes in their life, and had trouble sticking with their plan. What sabotages change efforts? Is it a lack of information, lack of creative problem-solving, or what? In this workshop participants will discuss the necessary planning steps leading to desirable change. Barbara Regan, M.A., LMFT, has been in private practice for over 15 years and has certification in Biofeedback and is a Master Addictions Counselor. 20 seats available.

## **FITNESS AND EXERCISE**

**Instructor: Caryl Fuller**

**Organization: Managed Health Network**

**Room: T-1254**

**Time: 1:00 p.m. – 2:00 p.m.**

Daily exercise plays a key role in maintaining good health and managing weight. Exercise also assists in stress reduction, promotes healthy sleep and increases feelings of well-being. This workshop will focus on fitness and exercise and help participants develop and stick to a workout plan. Caryl is a guest lecturer in Creativity at Stanford University's Graduate School of Business and is a faculty member of Sonoma State University's EXCEL program. 17 seats available.

## **OPTIMUM HEALTH FOR MEN**

**Instructor: Wendy Willow Wark**

**Organization: Managed Health Network**

**Room: T-1352**

**Time: 1:00 p.m. – 2:00 p.m.**

The leading causes of death today are heart disease, cancer and stroke. This workshop focuses on the diseases that affect men the most, and provides education on disease prevention and risk reduction strategies as they apply to men. Register and attend if you are interested in this topic for yourself or if you are a caregiver for someone at risk. Ms. Wark has conducted graduate research in American Studies at Columbia University and was a Ford Fellow in American Studies at City University of New York and earned high honors at Cambridge University in the UK. 20 seats available.

**2:15 PM – 3:15 PM**

**11 Wellness Topics Offered**

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## **UNDERSTANDING HIGH BLOOD PRESSURE**

**Instructor: Shelley Ash**

**Organization: Kaiser Permanente**

**Room: W-119**

**Time: 2:15 p.m. – 3:15 p.m.**

Hypertension, or high blood pressure, is known as the "silent killer" because you can't feel the problem. Eating a healthy diet and maintaining a commitment to exercise is key to keeping blood pressure within a desirable range. This session will include information on stress management and correct home-monitoring techniques and will provide attendees with a hands-on demonstration of home blood pressure machines. Attendees will come away with an understanding about why monitoring blood pressure is important and how to interpret your readings. Shelley Ash, MPH is a Senior Health Educator for Kaiser Permanente. 58 seats available.

## **SIMPLE TOOLS FOR PHYSICAL FITNESS**

**Instructor: 24 Hour Fitness**

**Sponsor: Blue Shield**

**Room: W-118**

**Time: 2:15 p.m. – 3:15 p.m.**

This demonstration will provide information on correct and effective ways to use a stability ball and exercise bands to increase flexibility and improve balance, coordination and strength. While not a hands-on participation class, attendees will be able to see the moves and positions demonstrated and leave the session with handouts that will help them to re-enact the moves, poses and stretches in the privacy of their own home. This session is limited to 20 participants.

## **HELPING YOUR PARENTS STAY HEALTHY**

**Instructor: Pam Wright**

**Organization: Managed Health Network**

**Room: W-262**

**Time: 2:15 p.m. – 3:15 p.m.**

Baby boomers often find themselves responsible both for their children and their elderly parents. In this program, participants focus on learning about the aging process, as well as the prevention and treatment of decreased physical and mental capacity. Participants also learn about methods to help parents maintain health and well-being. Pam Wright has a BS in Health Science from San Francisco State University and is currently working on an MS in Exercise Physiology. 35 seats available.

### **DRUM CIRCLE PARTICIPATION**

**Instructor: Jeni Swerdlow**

**Organization: Drummm Rhythmic Events**

**Location: West Plaza seating area**

**Time: 2:15 p.m. – 3:15 p.m.**

Participating in a drum circle has been shown to have a positive impact on the immune system and relieves stress. Drumming is an exercise which burns calories, improves mood and may reduce the risk of disease. Recreational music-making exercises the mind and creates an opportunity for building positive relationships and teams. Jeni Swerdlow conducts interactive rhythm programs locally and worldwide for corporate team building, therapeutic and other groups interested in increasing wellness and combining exercise and community. Jeni has offered to provide percussion instruments for up to 100 participants! Come and see what a little drumming can do for you.

### **FITNESS AND YOUR BRAIN: AVOIDING DEMENTIA**

**Instructor: Beth Weisberg**

**Organization: Managed Health Network**

**Room: T-549**

**Time: 2:15 p.m. – 3:15 p.m.**

Dementia refers to a group of mental conditions that interfere with a person's ability to think clearly, make decisions and carry out the activities of daily living. Dementia is expected to become more prevalent as our elderly population increases. This workshop discusses ways to prevent or forestall the onset of dementia. Beth's academic credentials include a Master of Arts degree from the University of Illinois and is the owner and principal consultant of a local firm specializing in Human Resources consulting, training, coaching and effectively delivering change. 17 seats available.

### **HAPPINESS AND LONGEVITY**

**Instructor: Rebecca Kieler**

**Organization: Managed Health Network**

**Room: T-644**

**Time: 2:15 p.m. – 3:15 p.m.**

Today, people are living longer with a better quality of life than in previous generations. Diet and exercise are critical factors in the long-term maintenance of health and well-being. Other personal habits can contribute to, or detract from, the ability to have a long, healthy and happy life. This workshop will explore how personal habits and attitudes are important to living longer. Rebecca has worked with individuals and companies for 25 years, and brings her passion and professional experience from various experiences as an entrepreneur, social worker, recruiter and HR professional. 18 seats available.

### **COPING WITH DEPRESSION**

**Instructor: Barbara Regan**

**Organization: Managed Health Network**

**Room: T-955**

**Time: 2:15 p.m. – 3:15 p.m.**

A severe or prolonged sadness can interfere with your life and work, or the life of someone you know, making normal activities impossible. You can help yourself, a co-worker or family member by recognizing the signs of depression and taking action. This workshop discusses the causes and symptoms of the illness of depression and offers guidelines on disease identification and treatment. Barbara Regan, M.A., LMFCC, has been in private practice for over 15 years and has certification in Biofeedback and is a Master Addictions Counselor. 20 seats available.

### **WEIGHT MANAGEMENT**

**Instructor: Sue Bielstien**

**Organization: Managed Health Network**

**Room: T-1047**

**Time: 2:15 p.m. – 3:15 p.m.**

With over 63 percent of Americans overweight or obese, weight management is increasingly becoming the #1 health concern in the U.S. The popular media provides a barrage of conflicting information on effective weight management techniques. This program provides information on the nutrition and exercise basics to get you jump-started on a healthy, balanced weight-loss plan. Sue holds a BA in Psychology from San Francisco State University and a MA in Language Arts/Literature from San Jose State University. 20 seats available.

### **FITNESS AND EXERCISE**

**Instructor: Caryl Fuller**

**Organization: Managed Health Network**

**Room: T-1254**

**Time: 2:15 p.m. – 3:15 p.m.**

Daily exercise plays a key role in maintaining good health and managing weight. Exercise also assists in stress reduction, promotes healthy sleep and increases feelings of well-being. This workshop will focus on fitness and exercise and help participants develop and stick to a workout plan. Caryl is a guest lecturer in Creativity at Stanford University's Graduate School of Business and a faculty member of Sonoma State University's EXCEL program. 17 seats available.

### **OPTIMUM HEALTH FOR WOMEN**

**Instructor: Wendy Willow Wark**

**Organization: Managed Health Network**

**Room: T-1352**

**Time: 2:15 p.m. – 3:15 p.m.**

The leading causes of death today are heart disease, cancer and stroke. This workshop focuses on the diseases that affect women the most, and provides education on disease prevention and risk reduction strategies as they apply to women. Register and attend if you are interested in this topic for yourself or if you are a caregiver for someone at risk. Wendy has conducted graduate research in American Studies at Columbia University and was a Ford Fellow in American Studies at City University of New York and earned high honors at Cambridge University in the UK. 20 seats available.

**3:30 PM – 4:30 PM**

**5 Wellness Topics Offered**

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### **COLON CANCER: PREVENTION AND DETECTION**

**Presenter: Dr. Chitra Mani**

**Sponsor: American Cancer Society**

**Room: W-120**

**Time: 3:30 p.m. – 4:30 p.m.**

What foods you eat and drink, how active you are, and other lifestyle behaviors can affect your risk for cancer. Regular colorectal cancer screening or testing is one of the most powerful weapons for preventing the development of colorectal cancer. Screening is the process of looking for cancer in people who have no symptoms of the disease. Today, simple non-invasive testing kits, designed for use in the home are an effective way to screen for the threat of colon cancer. When cancers are found and treated early, chances of a recovery greatly increase. Attend this session to find out more about the risks associated with colon cancer and what you can do to reduce them. 58 seats available.

### **HELPING YOUR PARENTS STAY HEALTHY**

**Instructor: Pam Wright**

**Organization: Managed Health Network**

**Room: W-262**

**Time: 3:30 p.m. – 4:30 p.m.**

Baby boomers often find themselves responsible both for their children and their elderly parents. In this program, participants focus on learning about the aging process, as well as the prevention and treatment of decreased physical and mental capacity. Participants also learn about methods to help parents maintain health and well-being. Pam Wright has a BS in Health Science from San Francisco State University and is currently working on an MS in Exercise Physiology. 35 seats available.

## **HAPPINESS AND LONGEVITY**

**Instructor: Rebecca Kieler**

**Organization: Managed Health Network**

**Room: T-644**

**Time: 3:30 p.m. – 4:30 p.m.**

Today, people are living longer with a better quality of life than in previous generations. Diet and exercise are critical factors in the long-term maintenance of health and well-being. Other personal habits can contribute to, or detract from, the ability to have a long, healthy and happy life. This workshop will explore how personal habits and attitudes are important to living longer. Rebecca has worked with individuals and companies for 25 years, and brings her passion and professional experience from various experiences as an entrepreneur, social worker, recruiter and HR professional. 18 seats available.

## **SMOKING CESSATION**

**Instructor: Sue Bielstien**

**Organization: Managed Health Network**

**Room: T-1047**

**Time: 3:30 p.m. – 4:30 p.m.**

Smoking is a powerful addiction, and making the decision to quit is not an easy one. When asked, most smokers indicate that they want to break both the physical addiction and the psychological dependence that nicotine creates. This workshop discusses the steps that smokers can take in order to become tobacco-free, including guidelines for maintaining the new non-smoking habit. Sue holds a BA in Psychology from San Francisco State University and a MA in Language Arts/Literature from San Jose State University. 20 seats available.

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