



**WELLNESS
CONNECT**

2019
COURSE
CATALOG



WELLNESS CONNECT - 2019 COURSE CATALOG

BACKSAFE SEMINAR Course Number: SBACK PAUL WRIGHT – SAVVY HEALTH SOLUTIONS			
Course Overview	<p>Eighty percent of the adult population will experience some type of back related challenge. What most people do not realize is how they may be contributing to their condition through lack of physical conditioning, poor posture and incorrect body mechanics. The BackSafe Seminar provides some key educational instruction that can help increase the participant's awareness regarding posture, functional movements, strength and flexibility. This one-hour seminar provides key BackSafe principals including:</p> <ul style="list-style-type: none"> Impact of Injuries Postural Alignment Strength and Flexibility Sitting and Standing Posture Functional Movements Daily Warm-Up and Stretch <p>Please dress comfortable as this is an interactive class.</p>		
October 9, 2019	10:00am-11:00am	Ag Center-Harvest Hall, Rm ABC	Session 0001
October 9, 2019	1:00pm-2:00pm	Ag Center-Harvest Hall, Rm ABC	Session 0002

BIKE TRAIL - ADVANCED Course Number: SABT JEFF EMENS - SBT			
Course Overview	<p>Dress appropriately. Please remember to bring a helmet! This class is designed for the more experienced rider and will include a more strenuous pace. Group will depart from and return to the parking lot at Thousand Oaks Park near the intersection of Scenic and Coffee Road. The group will ride through East La Loma Park. Don't forget to bring your bottled water.</p>		
October 8, 2019	3:30pm-5:00pm	Thousand Trails Park	Session 0007



WELLNESS CONNECT - 2019 COURSE CATALOG

BLOODBORNE PATHOGENS
Course Number: SBBP2
DEREK DAVIS – CEO/RISK MANAGEMENT

Course Overview	<p>The target audience for this course are supervisors and employees with occupational exposure to bloodborne pathogens. We will review employer responsibilities pertaining to bloodborne pathogens and provide guidance in procedure development necessary to reduce employee risk. The learning objectives include:</p> <ul style="list-style-type: none"> Exposure routes for bloodborne pathogens Signs indicative of potential hazards What to do if there is an exposure incident Universal Precautions Employer responsibilities in the event of employee exposure 		
October 14, 2019	9:00am-10:00am	CSA-Large Training Room	Session 0037

COUNTY HEALTH BENEFITS
Course Number: SBEN
CEO - EMPLOYEE BENEFITS

Course Overview	<p>Explaining the County's EPO and HDHP plans in detail, along with an explanation of Health Savings Accounts, preventative care, health improvement programs and prescription benefits.</p>		
October 8, 2019	4:00pm-5:00pm	County Center III, Room 3	Session 0003
October 9, 2019	4:00pm-5:00pm	CSA-Cafeteria Training Room	Session 0004

DISASTER SERVICE WORKER
Course Number: SSVWK
ERIC HOLLY/MELBA HIBBARD - OES

Course Overview	<p>Disaster can occur at any time, any place. As a public employee of Stanislaus County, State law declares you are a Disaster Service Worker and obligated to perform various disaster service activities as may be assigned to you by your supervisor during times of emergency. This course will help you understand your role and responsibility and provide ideas on preparing yourself and your family.</p>		
October 7, 2019	3:00pm-4:30pm	OES-3705 Oakdale Rd., Modesto	Session 0007
October 8, 2019	8:30am-10:00am	OES-3705 Oakdale Rd., Modesto	Session 0008



WELLNESS CONNECT - 2019 COURSE CATALOG

DRUG & ALCOHOL ADDICTION Course Number: SDRUGS STEVE LEONARD & WILLIAM PEARSON - BHRS			
Course Overview	<p>Chemical Dependency is now referred to as Substance Use Disorder (SUD). This course will explore the diagnostic criteria for the severity range of Substance Use Disorders and identify common substances leading to SUD. Knowledge of the "Disease Concept" will help individuals to understand differing approaches to treatment with respect to adults and youth. Some specific attention will be given to co-occurring mental illness with SUD, as well as, the use of Narcotic Replacement Therapy (NRT). Successful recovery is possible in our community with an abundance of resources which will be presented, including contact information. All presenters have extensive experience and certification in every level of SUD treatment ranging from co-occurring mental health to treatment while in custody.</p> <p>Topics presented include:</p> <ul style="list-style-type: none"> • Understanding the Diagnosis of Substance Use Disorder and Symptoms • Common Substances Leading to Substance Use Disorder • The "Disease Concept" of Addiction • Effects of Substance Use Disorder on Families and Society • Substance Use Disorder in Youth and Young Adults • Drug and Alcohol Use and Mental Illness • Narcotic Replacement Therapy • Differing Treatment Models • Successful Recovery from Substance Use Disorders • Suggestions for Parents of a Substance Using Teen • Differing Levels of Care Offered in Stanislaus County • Contact Information for Each Level of Care 		
October 11, 2019	9:30am-11:30am	Ag Center-Harvest Hall, Rm. DE	Session 0021



WELLNESS CONNECT - 2019 COURSE CATALOG

OFFICE ERGONOMICS 101 Course Number: SOE JONATHAN EILENBERG, AEP - HUMANSCALE CORP.			
Course Overview	<p>Ergonomics 101 is an educational program designed to increase awareness of ergonomics among employees. The course provides an introduction to ergonomics through an overview of six major principles specific to office environments. The principles are then applied to workstation design and attendees are trained on how to properly configure their workstations to minimize musculoskeletal risks, maximize comfort and increase productivity. Employees will learn to:</p> <ul style="list-style-type: none"> Properly position the monitor, keyboard and mouse Properly adjust the task chair How to maintain a proper seated posture Minimize discomfort/pain in your back, shoulders and neck 		
October 7, 2019	9:30am-11:00am	CSA-Large Training Room	Session 0164
October 7, 2019	1:00pm-2:30pm	CSA-Large Training Room	Session 0165

HAZARD COMMUNICATIONS Course Number: SHC2 DEREK DAVIS/ARTHUR DELOACH – CEO/RISK MANAGEMENT			
Course Overview	<p>All workers who may be exposed to chemicals and other hazardous materials are required to be trained on the potential hazards of those materials. The objectives of this class are to understand toxic substances, apply Title 8 CCR 5194 (Hazard Communication Regulation), know exclusions, determine hazards in the workplace, read and understand Material Safety Data Sheets (MSDS), know labeling and warning requirements, develop a written Hazard Communications Program, develop an employee information and training program and understand trade secret protection.</p>		
October 14, 2019	11:00am-12:00pm	CSA-Large Training Room	Session 0026



WELLNESS CONNECT - 2019 COURSE CATALOG

HEALTH SAVINGS ACCOUNT 101 – THE BASICS Course Number: SHSA KATE GONZALO - OPTUM			
Course Overview	Wondering how a health savings account (HSA) can help you and your family save and pay for health care? The details of how an HSA works and the benefits it can provide can be explained with four simple words: deposit, grow, save and pay. Come learn the many benefits to opening and using a health savings account (HSA).		
October 8, 2019	2:30pm-3:30pm	County Center III, Room 3	Session 0005
October 9, 2019	3:30pm-4:30pm	CSA-Large Training Room	Session 0006

BE SAFE(R) ON THE INTERNET Course Number: SNET EV PLASCENCIA – SBT			
Course Overview	In this session we'll discuss the many real-world threats that we all face on our electronic devices today. As County employees we have an active role to play in Cybersecurity. Also, in our personal lives there are a handful of techniques we can all use to allow us to take advantage of today's wonderful technologies: the Internet, mobile phones, tablets, etc., while minimizing our risks. The threats are real, as we see in the news every day. Don't be afraid . . . be informed!		
October 14, 2019	3:00pm-4:30pm	Ag Center-Harvest Hall, Rm. DE	Session 0002

MEDITATION CLASS Course Number: SMED TINA MAGHONEY – AGAPE FLOW STUDIO			
Course Overview	Practicing meditation involves breathing exercises which help sharpen the mind, reduce stress, become more mindful, improve mental clarity, helps manage pain and anxiety, and encourages creativity. Goals: <ul style="list-style-type: none"> Educate employees on the benefits with lecture, practice and handouts. Empower employees with a variety of methods to facilitate what they have learned. Streamline easily accessible actionable steps to help employees get started in adopting a healthier lifestyle and/or create healthier habits assisting in a balance, peaceful, enjoyable life. Please wear comfortable clothing and bring a yoga mat or towel.		
October 11, 2019	11:00am-12:00pm	CSA-Large Training Room	Session 0001



WELLNESS CONNECT - 2019 COURSE CATALOG

NON-DIET APPROACH TO FOOD			
Course Number: SEAT			
SIGNE DARPINIAN, LMFT, CEDS-S			
Course Overview	<p>Signe Darpinian is a Licensed Marriage and Family Therapist and a Certified Eating Disorders Specialist. You are invited to join her for a session on the 5 essentials for connected eating, a non-diet approach to your food and body. Connected eating is simple, but it's not easy. You will learn practical tools to encourage eating in response to the body's wisdom: identify manageable hunger, "decide from the inside" what you'd like to eat, stop at just enough and more.</p> <p>Educational Objectives:</p> <ol style="list-style-type: none"> 1. Participants will be able to identify the "green lights" for Connected Eating. 2. Identify the benefits of a weight-neutral approach to health promotion: body positivity and non-diet approaches to nutritional education. 3. Understand the "5 Essentials of Connected Eating". <p>NOTE: If you are looking for a (new) diet, then this class is <u>not</u> for you.</p>		
October 15, 2019	10:00am-12:00pm	Ag Center-Harvest Hall, Rm. ABC	Session 0006
October 15, 2019	1:30pm-3:30pm	Ag Center-Harvest Hall, Rm. ABC	Session 0007

NUTRITION AND WELLNESS			
Course Number: SNUT			
TINA MAGHONEY – AGAPE FLOW STUDIO			
Course Overview	<p>Nutrition education empowers individuals to take charge of their wellness and health and helps in starting or maintaining a healthy lifestyle.</p> <p>Goals:</p> <ul style="list-style-type: none"> • Educate employees on the benefits with lecture, practice and handouts. • Empower employees with a variety of methods to facilitate what they have learned. • Streamline easily accessible actionable steps to help employees get started in adopting a healthier lifestyle and/or create healthier habits assisting in a balance, peaceful, enjoyable life. 		
October 16, 2019	3:00pm-4:30pm	Ag Center-Harvest Hall, Rm. ABC	Session 0001



WELLNESS CONNECT - 2019 COURSE CATALOG

ORGANIZING FOR A SAFE WORK ENVIRONMENT – 5S
Course Number: SFIVES
GARY BEAUDETTE – BEAUDETTE CONSULTING, INC.

Course Overview	<p>5S is a program to reduce waste, prevent injuries and optimize productivity through maintaining an orderly workplace. This five phase program focuses on standardized work processes and improves efficiency, organization, communication, ergonomics document control, and quality in the office environment.</p> <p>1. Sort – remove the unnecessary, from trip hazards to old documents. 2. Set in Order – find the best spot for the items in, on, and around your desk. 3. Shine – Look world class. Disinfect, shine to inspect. 4. Standardized – What good looks like. 5. Sustain – Audits and continuous improvement.</p> <p>Learning Objectives Through training, participants will gain a thorough understanding of the principles and techniques necessary to implement, control, and improve a world-class 5S program. The course is designed to show learners how to implement through hands-on activities and real-life examples of what to do (and what not to do). “A place for everything, and everything in its place” is the mantra of the 5S method.</p>		
October 16, 2019	1:00pm-2:00pm	Ag Center-Harvest Hall, Rm. DE	Session 0001

MAT PILATES
Course Number: SPILAT
DANIELLE LAU – THE DENN

Course Overview	<p>Mat Pilates is the perfect exercise for all levels of fitness. It is designed to focus on precise movements originating from the center or core of your body. Working from the deepest layers of muscles, which stabilize and support your spine and pelvis, resulting in a strong, flexible spine with ideal posture and alignment. Pilates is designed to create strength and length without adding bulk.</p> <p>Please dress comfortably and bring a yoga mat or towel.</p>		
October 10, 2019	4:00pm-5:00pm	CSA-Large Training Room	Session 0001
October 14, 2019	4:00pm-5:00pm	CSA-Large Training Room	Session 0002



WELLNESS CONNECT - 2019 COURSE CATALOG

BASIC SELF-DEFENSE (NON-CONTACT) Course Number: SDEF PAUL MENDOZA – DYNAMIC MIXED MARTIAL ARTS			
Course Overview	Self-defense is a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable someone to successfully escape, resist, and survive violent attacks. This course is a non-contact class that will provide some basic movements and techniques along with psychological awareness and verbal skills to help protect yourself if ever attacked. Please wear comfortable clothing.		
October 14, 2019	9:30am-10:30am	Ag Center-Harvest Hall, Rm. ABC	Session 0001
October 14, 2019	11:00am-12:00pm	Ag Center-Harvest Hall, Rm. ABC	Session 0002

PASSIVE SELF-DEFENSE Course Number: SPSD SGT MORENO – SHERIFF'S OFFICE			
Course Overview	Don't let yourself become a victim! Be self-aware and exude confidence. Basic self-defense techniques will be demonstrated. Please wear comfortable clothing and don't forget your bottled water.		
October 11, 2019	9:00am-11:00am	Ag Center-Harvest Hall, Rm. ABC	Session 0012
October 16, 2019	9:00am-11:00am	Ag Center-Harvest Hall, Rm. ABC	Session 0013

SKIN CANCER AWARENESS 101 Course Number: SUN DEREK DAVIS – CEO/RISK MANAGEMENT DIVISION			
Course Overview	Skin cancer is the most commonly diagnosed cancer in the United States yet most cases are preventable. In fact, every year in the United States nearly 5 million people are treated for skin cancer. This class will teach students about the basics of skin cancer identification, how to protect yourself from the sun and how to lower your odds of getting this common but all too deadly disease.		
October 14, 2019	1:30pm-2:30pm	CSA-Large Training Room	Session 0004



WELLNESS CONNECT - 2019 COURSE CATALOG

STROKE AWARENESS and PREVENTION			
Course Number: SSAP			
BREANNA CABECEIRAS and STEPHANIE DUNBAR – DOCTORS MEDICAL CENTER			
Course Overview	Warning signs and symptoms of stroke and the importance of early treatment. <ul style="list-style-type: none"> Risk factors for stroke and TIA TIA vs stroke Time is Brain, Act "FAST" for Stroke 		
October 8, 2019	3:00pm-4:00pm	Ag Center-Harvest Hall, Rm. DE	Session 0006

TAI CHI			
Course Number: STICHI			
CERTIFIED TAI CHI INSTRUCTOR – TAI CHI CHUAN ACADEMY OF MODESTO			
Course Overview	Tai Chi Chuan is an ancient Chinese exercise which incorporates mind and body. The relaxing and circular movements promote good health in young and old. It is an excellent stress reducer and the results are often immediate. Please wear comfortable clothing and bring bottled water. Location: 416 "I" Street, 2nd Floor – no elevator available. Park in empty lot off of alley, next to Tai Chi Chuan building.		
October 8, 2019	9:00am-10:00am	Tai Chi Chuan Academy	Session 0096
October 8, 2019	10:30am-11:30am	Tai Chi Chuan Academy	Session 0097
October 10, 2019	9:00am-10:00am	Tai Chi Chuan Academy	Session 0098
October 10, 2019	10:30am-11:30am	Tai Chi Chuan Academy	Session 0099

INTRODUCTION TO TERRORISM			
Course Number: STERR			
RON REID – OFFICE OF EMERGENCY SERVICES			
Course Overview	An introduction to Terrorism – <ul style="list-style-type: none"> Current State of the Sovereign Citizen Movement Anarchist Groups – Trends and Tactics Domestic Terrorist and Extremist Groups Single Issue Groups – Animal Rights and Environmental/Ecoterrorism (Alf, ELF, and NIO) Prison/Jail Inmate Radicalization All of this rolled into what it means to us as government workers/representatives.		
October 15, 2019	3:00pm-4:30pm	Ag Center, Harvest Hall, Rm. DE	Session 0003
October 16, 2019	9:00am-10:30am	Ag Center, Harvest Hall, Rm. DE	Session 0004



WELLNESS CONNECT - 2019 COURSE CATALOG

VIRGINIA TRAIL LEISURE WALK Course Number: SVTW KEVIN W./ KARYN W./BRENDA K./NATHAN A. – CEO/AUDITOR/TTC			
Course Overview	Walking offers many benefits for the body as well as for the spirit. Enjoy a scenic walk along the Virginia Corridor. This walk is at a slow, leisure pace. Dress appropriately and don't forget your bottled water. Group will depart from and return to Roseburg Square Shopping Center parking lot on Roseburg Avenue by the Virginia Trail.		
October 14, 2019	3:30pm-5:00pm	Roseburg Square – Virginia Trail	Session 0007

VIRGINIA TRAIL ADVANCED WALK Course Number: SVTA KEVIN W./KARYN W./BRENDA K./NATHAN A. – CEO/AUDITOR/TTC			
Course Overview	Enjoy a scenic walk along the Virginia Corridor. This walk is at a brisk pace and is recommended for those with a high endurance level. Dress appropriately and don't forget your bottled water. Group will depart from and return to Roseburg Square Shopping Center parking lot on Roseburg Avenue by the Virginia Trail.		
October 16, 2019	3:30pm-5:00pm	Roseburg Square – Virginia Trail	Session 0005

YOGA – MIND, BODY, SOUL Course Number: SYOGA TINA MAGHONEY – AGAPE FLOW STUDIO			
Course Overview	Practicing yoga reduces stress, improves mood, balances emotions, strengthens the immune system, improves strength, flexibility, manages pain, mobility and can lower blood pressure. Goals: <ul style="list-style-type: none"> Educate employees on the benefits with lecture, practice and handouts. Empower employees with a variety of methods to facilitate what they have learned. Streamline easily accessible actionable steps to help employees get started in adopting a healthier lifestyle and/or create healthier habits assisting in a balance, peaceful, enjoyable life. Please wear comfortable clothing, bring a yoga mat or towel, and bring bottled water.		
October 11, 2019	9:00am-10:30am	CSA-Large Training Room	Session 0072
October 15, 2019	10:00am-11:30am	CSA-Large Training Room	Session 0073



WELLNESS CONNECT - 2019 COURSE CATALOG

TRAINING LOCATION ADDRESSES	
Ag Center - Harvest Hall, Room ABC	3800 Cornucopia Way, Modesto, CA 95358
Ag Center - Harvest Hall, Room DE	3800 Cornucopia Way, Modesto, CA 95358
Community Service Agency (CSA) - Large Training Room	251 E. Hackett Road, Modesto, CA 95358
Community Service Agency (CSA) - Cafeteria Training Room	251 E. Hackett Road, Modesto, CA 95358
County Center III – Room 3	Scenic and Oakdale Road, Modesto
OES – Office of Emergency Services	3705 Oakdale Road, Modesto, CA 95357
Redwood Room (SBHC)	800 Scenic Drive, Modesto, CA 95350
Regional Fire Training Center	1220 Fire Science Lane, Modesto, CA 95351
Roseburg Square - Virginia Trail Walks (Leisure and Advanced Walks)	Park in the Roseburg Square Shopping Center at 8010 W. Roseburg Avenue. Meet at entrance of Virginia Trail.
Tai Chi Chuan Academy	416 "I" Street, 2 nd Floor, Modesto, CA 95354
TSP – Basement Training Room	1010 Tenth Street, Basement, Modesto, CA 95354
Thousand Oaks Park-Roundabout (Advanced Bike Ride)	Meet at the entrance/roundabout to Thousand Oaks Park @ Scenic and Coffee Road