

FACULTY WELLNESS DAY
MARCH 24, 2008
12:30-3:30

The schedule for our next faculty wellness day is as follows:

12:30-12:50	Introduction (in high school cafeteria)
1:00-2:00	Session #1
2:10-3:10	Session #2
3:10-3:30	Wrap-up (in high school cafeteria)

We have many fabulous workshops to offer for our 2008 faculty wellness day! Please review the workshop descriptions listed below in preparation for the day. Many of the workshops require you to bring something with you, so plan accordingly. Participants will be expected to attend a workshop in Session #1 and #2. No prior sign-ups are necessary. Sign-in sheets will be available at each session. Please dress in comfortable clothing and sneakers and bring a water bottle.

SESSION 1 WORKSHOPS
1:00-2:00 P.M

Band-aids and Beyond

Location: High school media center

Become familiar with some simple techniques of first aid to assist yourself and others!

**Presenters: Linda Perrin
Kathy Becker**

Beginner Stretching and Relaxation

Location: Middle school Amy Potter Center

Join us to explore the many benefits of flexibility. We will complete a whole-body stretching routine and relaxation exercise. Hopefully, you will leave the class feeling calm and rejuvenated!

Participants should bring a towel.

Presenter: Carrie Rainville-Collins

Create your own Dance: Exploring Creative Movement

Location: Middle school drama room

Participants will explore various kinds of movement and their relationship to sound. We will use action words and combine various movements to create our own dance. We will improvise movements that communicate what you hear and express how you feel.

Presenter: Donna Nagle

Eat to Win: Debunking the Myths about Nutrition and Athletics

Location: High school room 36 (Home economics)

What you think you know about eating for success and energy may not be true. We will examine 10 common myths about sports nutrition, then prepare a high-carb – low-fat pasta dish to get you going and provide long-term energy.

Limit: 18 participants

Presenter: Margaret Irwin

Golf**Presenter: Mary O'Brien****Location: Middle school wrestling room**

Participants will be taught a series of warm-up stretches along with the proper grip, stance, and setup for the golf swing. Coach O'Brien and several members of the state championship golf team will demonstrate the golf swing and individuals will have the opportunity to practice under the watchful eye of the "golf staff."

Participants may bring a 7-iron and a golf glove, but it is not required.

Introduction to Nia**Presenter: Jane Clayton-Matthews****Location: Middle school library**

Experience the joy of movement while improving your fitness level and sense of well-being. The Nia Technique combines movements from the dance arts, martial arts and healing arts. It is adaptable to all ages and fitness levels including pregnancy. We will laugh, dance, heal and improve our cardiovascular health using soulful music from a variety of genres. Participants can expect to leave the class feeling both relaxed and energized.

Kickboxing for Beginners**Presenter: Dianna Mullen****Location: High school blackbox theater**

This class will introduce basic boxing and kicking moves with some core muscle work. It is a class for beginners who want a bit of an aerobic and strengthening workout. This is a great way to work out any tension and gain some energy too!

Participants should bring a towel.

Massage Therapy**Presenter: Andrew Rizza****Location: High school trainers room**

This massage session will focus on therapeutic massage for injury rehabilitation. We will incorporate effleurage and deep tissue massage along with a few tools to assist during massage.

Participants should wear loose fitting clothing (shorts, tee shirts) that they do not mind getting lotion on.

Morning Soccer in the Afternoon**Presenter: Jim McLaughlin****Location: High school turf field**

Did you know that there is a coed group of Pre-K-12 teachers and staff members that meet every Tuesday and Friday morning in the middle school to play the world's most popular sport? This is your chance to see what the buzz is all about (and get a great workout) without having to get out of bed any earlier than usual. This workshop requires no prior soccer experience and will cover the basic rules of the game, some warm-up drills and game play.

Non-contact Floor Hockey for Fun and Health**Presenters: Leah Gordon****Location: Middle school gymnasium****Judy Kittredge**

Come warm up and play floor hockey with your colleagues! We will be playing non-contact, no high-sticking; all skill levels are welcome.

Parenting 101**Presenter: Mitch Finnegan****Location: High school auditorium**

This workshop will focus on parenting for prevention. These proactive techniques for children of all ages will be explored using a discussion format.

Strength Training**Presenter: Rich Brissette****Location: High school weight room**

This workshop will provide experienced lifters with the opportunity to complete their daily workout programs. It will also provide novice lifters an opportunity to experience the various lifting techniques on a variety of strength training apparatus.

Swimming – Stroke Clinic**Presenter: Claude Valle****Location: Middle school pool****Julie Heyde**

Have your strokes critiqued/analyzed by the swim coaching staff. Learn some new drills and get your laps in too!

Participants should bring a bathing suit, goggles, towel, and showering supplies.

Volleyball 101**Presenter: Jason McCarthy****Location: High school gymnasium**

Participants will have the opportunity to learn the fundamental skills and the basic rules of volleyball. Everyone will then have the opportunity to practice these skills in a game setting.

Walking and Running for Fitness**Presenter: Amy Chartier****Location: High school main lobby**

Did you know that the daily recommendation for good health and fitness is 10,000 steps per day? That's the equivalent of about 5 miles! You may be surprised at how quickly you can reach this number with just a few simple changes in your daily routine. Take the stairs, park farther away, walk down the hall to talk to a friend instead of calling. Come enjoy the outdoors (weather permitting) and take the first steps to a healthy way of life.

Whole Body Breath for Stress Free Living: Tai Chi Body Breathing and The Tai Chi Form**Presenter: Judy Radley****Location: High school library**

Participants will enjoy learning the Chi Kung style of breathing exercises that open up the blocked chakras that run the human mind and body. This practice session will instantly make you feel better! In addition, the workshop will provide staff with an effective centering and relaxing teaching aid for your students. Elements of the first part of the Tai Chi Form will also be explored.

Zen Meditation**Presenter: Michi Kurata****Location: High school room 29**

Relax your mind and body through meditation. The session begins with a focus on posture and breathing, and will explore sitting meditation, walking meditation, and meditation through simple yoga movements.

Participants should wear loose clothing and bring a pillow/cushion to sit on.

SESSION II WORKSHOPS**2:10-3:10 P.M.****African Dance Class****Presenter: Laurie Katz****Location: Middle school drama room**

A fast-paced class using basic African moves. We will be moving nonstop, using CDs of African music, primarily the amazing drums of Michael Olatunji. Class ends with a customary African improv. circle.

Baby Reps: Bonding with Baby Through Exercise**Presenter: Danielle Cooper****Location: Middle school library**

Have you had a baby in the last year? Can't find the time to work out? Join us for a fun hour-long workout that includes baby! Strengthening and toning exercises will be presented, cardio ideas also included. Men are welcome!

Please note: Babies must have head control/stability to participate in the exercises being presented.

Participants should bring a doll or stuffed animal for demonstration purposes.

Basic Badminton: Beat all that you can beat**Presenter: Boris Korsunsky****Location: High school gymnasium**

Basic rules of badminton, strokes, and footwork will be introduced/reviewed. The workshop will emphasize the spirit of camaraderie, mutual respect, and non-competitiveness. The participants will have the opportunity to practice both singles and doubles (space and time permitting).

Participants may bring their own racquets or birdies, but it is not required.

Limit: 24 participants

Basketball**Presenter: Jeff Moore****Location: Middle school gymnasium**

Come play basketball and work up a sweat. We will warm up, play a game, and have a 3-point and free-throw shooting event.

Bread Baking**Presenter: Phyllis Hirsch****Location: High school room 36 (Home economics)**

Learn how to bake delicious, healthy whole wheat bread!

Participants must bring a large mixing bowl and will go home with rising dough and written recipes.

Limit: 20 participants

HardCore Training**Presenter: Ed Mantie****Location: High school weight room**

The core is the most important link between your upper and lower body, yet is often trained in an unintelligent and uninspired manner at the end of most workouts. Learn some new exercises to train your core and all of its functions to create not only a healthier body, but also a stable platform with which you can perform everyday activities without fear of injury.

Introduction to Water Aerobics**Presenter: Debbie Gorman****Location: Middle school pool**

If you're looking for a workout that builds muscle and reduces body fat – then this is the one for you! This aqua workout will be low-impact, individualized through the use of differentiated instruction, and FUN!

Participants should bring a bathing suit, towel, and showering supplies.

Jammin 101**Presenter: Dan Gabriner****Location: High school band room**

Play music, relax, play more music.

Participants should bring an acoustic instrument.

Massage Therapy**Presenter: Andrew Rizza****Location: High school trainers room**

This massage session will focus on therapeutic massage for injury rehabilitation. We will incorporate effleurage and deep tissue massage along with a few tools to assist during massage.

Participants should wear loose fitting clothing (shorts, tee shirts) that they do not mind getting lotion on.

Relieving Stress – Increasing Energy**Presenter: Gina Fried****Location: High school room 29**

Qigong combines physical postures, movement, and breathing to optimize the flow of “Xi” (breath or energy) in the body. During our hour together, you will learn a routine of 8 basic poses, which, when practiced on a daily basis, are certain to increase both energy and concentration. You will also learn and practice some basic meditation techniques – another sure-fire stress reducer!

Participants are invited to bring a yoga mat and meditation bench or sitting cushion, but none of these are necessary.

Swing Dancing for Beginners**Presenter: Sheila Armstrong****Location: High school blackbox theater**

Swing dancing is a fun way to get some great exercise, and it isn't as hard as it looks! Come experience this dance that began in the 1930's, but whose revolution is still strong today.

Participants should bring clean sneakers to change into.

Tennis, anyone?**Presenter: Julie Hom-Mandell****Location: High school tennis courts**

This workshop is open to all levels. We will focus on the tennis basics – forehand, backhand, volley, and serve. You will learn the various grips that make up each stroke and proper movement and technique of hitting the ball over the net.

Limit: 10 participants

Ultimate Frisbee – The Name Says It All**Presenter: Ron Schlegel****Location: High school turf field**

Defense in your face, cut to open space, find the open man or woman, connect if you can – come out and play a fun team game. Learn some new throws or teach us your favorites. All are welcome (no experience necessary), but expect to move and run.

Walking for Fitness**Presenter: Dave Baldanza****Location: High school main lobby**

Don't miss this one last opportunity to walk and talk with Coach Baldanza! This workshop will be self-paced and geared to all fitness levels. Walking will be indoors or outdoors (weather permitting).

Weston Recreational Handball**Presenter: Kristin Cieri****Location: Middle school gymnasium**

Have fun playing an Olympic Team Sport with a Weston twist. It is like soccer, but with your hands only.

Yogic Breathing**Presenter: Howie Horner****Location: High school library**

This workshop will focus on pranayama or breath absorption. The session will draw from different kinds of yoga disciplines.

Participants should wear loose clothing and bring a pillow, yoga mat, or blanket.

DOOR PRIZES

<u>#</u>	<u>QTY</u>	<u>PRIZE</u>	<u>DONOR</u>
1	2	3-month memberships	Boston Sports Clubs (Wellesley)
2	1	fruit platter	Omni Foods (Weston)
3	1	\$20 gift certificate	Wellesley Booksmith
4	2	youth tennis racquets/foam balls	United States Tennis Association
5	5	Right Step pedometers	Gopher Sports
6	1	\$50 gift certificate	Thunder (Wellesley)
7	1	electric toothbrush	Dr Richard Gillis (Needham)
8	2	1-wk of free yoga gift certs.	Mystic Fitness (Framingham)
9	1	exercise clothing	Wellesley Fitness for Women
10	3	Nike sports sacks	JC Penney (private donor)
11	1	blood pressure monitor	JC Penney (private donor)
12	3	women's athletic socks	JC Penney (private donor)
13	1	pedicure kit	frontgate.com (private donor)
14	1	UV wand	frontgate.com (private donor)
15	1	Slazenger golf balls	Dicks sporting goods (private donor)
16	1	Sportline pedometer	Dicks sporting goods (private donor)
17	1	basket of skin care products	H2O + arubaaloe.com (private donor)
18	4	3-day passes	Wellesley Fitness for Women
19	1	basket of fat-free snacks	Debbie Gorman
20	1	pilates body circles kit	Wellesley Fitness for Women
21	1	wellness day T-shirt	Cheryl Maloney