

2017

# TRAINING & TOURS

# It's All About YOU

*a day for your health & wellness!*

**June 8, 2017**

8:30am - 4:30pm

VENTURA COLLEGE



Keynote Speaker  
**Kathy Espinoza**

Experience workshops on a variety of health and wellness topics, practice relieving your stress through breathing and Tai Chi exercises, and learn about healthy eating for busy people.

Kathy Espinoza, Assistant Vice President, Ergonomics & Safety, Keenan, is a Board Certified Professional Ergonomist, with an MBA from University of Redlands and a Master's Degree in Work Science/Physiology. She has been with Keenan since 2003 providing motivational presentations for management and staff, as well as injury prevention training. She gained most of her experience in ergonomics while serving as the Coordinator of the Chronic Back Pain Program for a large hospital in Fontana for 12 years. Kathy taught ergonomics in the Workplace at UC, Riverside for over 10 years and has 52 articles published in the field of ergonomics, leadership and wellness.



VCCCD  
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**Professional  
Development**  
Committee



 *training & tours*

RSVP for meals by June 1 - [www.surveymonkey.com/r/TaT\\_VCI7](http://www.surveymonkey.com/r/TaT_VCI7)