



Training and Tours

June 8, 2017

Ventura College – Wright Event Center

It's All About You

- 8:30 a.m. Breakfast
- 8:55 a.m. *Welcome* by Dr. Damien Peña, Vice President for Student Affairs, Ventura College
- 9:00 a.m. *Work/Life Balance* Keynote Address by Kathy Espinoza, Assistant Vice President, Ergonomics & Safety, Keenan
- 10:00 a.m. *Science of Stress* by Linda Martinez, Mental Health Counselor, Oxnard College
- 10:45 a.m. *Self-Massage* by Dianne Frehlich, Assistant Professor of Health Education/PE, Oxnard College
- 11:00 a.m. Break
- 11:15 a.m. *Breathing Exercises* by Dianne Frehlich, Assistant Professor, Oxnard College
- 11:30 a.m. *Get Off Your Seat* - Discussion and Activity by Breena Maggio
- 12:00 p.m. *Mindfulness/Meditation* by Linda Martinez, Mental Health Counselor, Oxnard College
- 12:30 p.m. Lunch –*Healthy Eating for Busy People* by Elizabeth Burnett, Instructional Lab Tech, Culinary Arts/Restaurant Management, Oxnard College
- 1:20 p.m. Break into groups and walk to Athletic Event Center or start Campus Tour
- 1:30 - 3:30 p.m. Groups rotate among stations:
- Yoga* (Small Gym) by Sheila Chima, Kinesiology Instructor, Ventura College
 - How to Use Gym Facilities* by Maureen Eliot, Professor of Health Education/ICA, Ventura College
 - Qigong/Tai Chi* (Room C-103) by Graciela Casillas-Tortorelli, Professor of Counseling & PE, Oxnard College
 - Campus Tour* by Group Leaders
- 3:30 p.m. Return to Wright Event Center with your Group Leader/Break
- 4:00 p.m. *Open Discussion/Plan for Next Year/Feedback* facilitated by Michael Shanahan, Vice Chancellor, Human Resources, District Administrative Center
- 4:30 p.m. Raffle/Dismissal

