



Enjoy Your Spring Break in Bend

At the Oregon School Employee Wellness Conference

Register yourself or a colleague by March 8th and your name will be entered in a drawing for an iPad!

When: March 25-27, 2012

Register now at:

<http://events.beattygroup.com/SchoolEmployeeWellness.htm>

Who should attend: school employees, school and district administrators, human resources, community college employees, education service district employees, superintendents, school nurses, wellness coordinators, local public health and health educators, and school boards members.

Connect!

- Connect with colleagues from across the state and share your experiences in promoting health and wellness at schools, community colleges and in your communities.

Affordable! - No registration fee

- Discount room rate at the Riverhouse in Bend. By March 8th, reserve a room to secure a special discount rate of \$89 per night for single and \$99 per night/double.

Have Fun with Family & Friends

In addition to the breakout sessions, the conference will offer fun wellness activities for your family and friends to enjoy in beautiful Bend.



Continuing Education Credits!

- Earn 1 CPE credit/10 CPDUs!
- Featuring national speaker, Ellen Essick of North Carolina's Department of Public Instruction who will kick off the conference with an energizing keynote about making the case for school employee wellness in Oregon. Prior to joining the North Carolina Department of Education, Ellen served as the National School Employee Wellness manager for the Alliance for a Healthier Generation's Healthy Schools Program, founded by the William J. Clinton Foundation and American Heart Association.
- 12 Interactive breakout sessions designed to equip you with the latest evidence-based information, practical strategies and tools to make your school employee wellness programs more effective. Learn from national, state and local experts about how to:
 - ✓ Create a culture of health
 - ✓ Gain administrative support for school employee wellness
 - ✓ Farm to school and community gardens to promote healthy eating
 - ✓ Weight Watchers at schools
 - ✓ Promoting physical activity for school employees
 - ✓ Creating community partnerships, and more
- Learn even more from the CATCH and We can! teams. Both national education programs equip school employees, parents and community members with fun, engaging ways to help children and families eat healthy and be physically active.

