

Event Information

Event Date and Time

Sunday, February 15, 2009
12:30 pm – 4:00 pm

Location

Concord Senior Center
2727 Parkside Circle
Concord, CA 94519

Directions to Concord Senior Center

The Concord Senior Center is located in John Baldwin Park, next to Port Chicago Highway. Enter Parkside Circle from Bonifacio Street at Beach Street. Parkside Circle is a one-way street and the Senior Center is on the right.

Event Schedule

Registration and Healthy Buffet..... 12:30 pm
Lecture with Bett Lujan Martinez 1:00 pm
Workshops* 2:15 pm
Workshops* 3:15 pm

* *Be sure to wear comfortable clothes to workshops.*

Registration

Pre-registration is required. All registrations must be received by February 2, 2009. Register online at www.ccjcc.org/holisticevent, via mail or fax.

Fees

Cost includes lecture, two workshops and a healthy buffet.

- ◆ \$20/person if registered by January 15
- ◆ \$25/person if registered after January 15

For More Information

Visit www.ccjcc.org/holisticevent, email millmancenter@ccjcc.org or call (925) 938-7800, ext. 257.

Registration Form

Register now at www.ccjcc.org/holisticevent or complete and mail/fax the form below.

Deadline for registrations is February 2, 2009.

Name: _____

Address: _____

City/State/Zip: _____

Telephone: _____

Email: _____

Choose two of the following.

2:15 pm Workshops (choose one)

- Tai Chi, Qigong and Meditation; Instructor: Bett Martinez
- Yoga and Stretching; Instructor: Sheila Pyatt
- Shiatsu and Self-Massage; Instructor: Rachel Johnson
- Aromatherapy; Instructor: Chloe Karl

3:15 pm Workshops (choose one)

- Tai Chi, Qigong and Meditation; Instructor: Bett Martinez
- Yoga and Stretching; Instructor: Sheila Pyatt
- Shiatsu and Self-Massage; Instructor: Rachel Johnson
- Aromatherapy; Instructor: Chloe Karl

Event Fees

Registration received by January 15.....\$20

Registration received after January 15.....\$25

Total Payment: \$ _____

Payment Method

Check (made payable to the Millman Respite Center)

Mastercard Visa Discover

Name on Card: _____

Credit Card No.: _____

Exp. Date: _____

CVC (3-digit number on back of card): _____

Signature: _____

Fax form to (925) 937-0765 or mail to:

Holistic Family Caregiver Event
Millman Respite Center
Contra Costa JCC
2071 Tice Valley Blvd.
Walnut Creek, CA 94595

HOLISTIC FAMILY CAREGIVER EVENT

One-Day Lecture & Workshop for Family Members in a Caregiving Role



*A day of learning
coping and relaxation skills*

Presented by the

CONTRA COSTA JCC

Sunday • February 15, 2009

12:30 pm - 4:00 pm

at the

Concord Senior Center

2727 Parkside Circle
Concord, CA 94519



This event is funded by a generous grant from the Mt. Diablo Health Care District and the Y & H Soda Foundation and is co-sponsored by the Concord Senior Center.

Helping Caregivers

Caring for a loved one requires time, patience and energy. The responsibilities of caregivers may lead to burnout which puts both the caregiver and their loved one at risk.



As a caregiver, the best way to care for your loved one is to take care of your *whole self* – mind, body and spirit.

Join us for an informative lecture and workshops and learn how holistic self-care can help you manage stress by adopting simple behaviors that will keep you refreshed and replenish your personal motivation. Use this opportunity to meet other caregivers and help reduce the isolation often felt by caregivers.

Refresh Your Mind

Join Bett Lujan Martinez, M.Ed. and Executive Director of The Possible Society of California and learn about:

- ◆ Holistic health issues and the risks of being a long-term caregiver
- ◆ Benefits of mind-body-spirit self-care
- ◆ Four self-care modalities:
 - * Tai Chi, Qigong and Meditation
 - * Yoga and Stretching
 - * Shiatsu and Self-Massage
 - * Aromatherapy



Replenish Your Body

Event participants can attend two of the four self-care workshops given by professional instructors.

Tai Chi, Qigong and Meditation

This workshop will teach some simple Tai Chi stretches and warm-ups, classic Qigong movements and postures that can be done both seated and standing, as well as provide an introduction to Meditation utilizing Guided Imagery.



Yoga and Stretching

Learn how to use the breath techniques of yoga to reduce stress and avoid trauma disorders common to caregivers. Discover simple, effective movements that are comfortable to do any time.

Shiatsu and Self-Massage

Self-Shiatsu is an easy and effective way to gain the benefits of shiatsu treatment on a daily basis. Using relaxation and effortlessness, a whole body treatment can be given which facilitates energy flow, relieves pain and settles emotions. It is fun to do, and suitable for people of any age and level of health.

Aromatherapy

An ancient form of natural healing, aromatherapy is the skilled and controlled use of essential oils for physical and emotional health and well-being. Essential oils are used for symptoms resulting from allergies, infections and trauma. Treatment has also been effective for digestive and circulatory problems, skin and hair, hormonal imbalances and to alleviate depression and anxiety.



About the Speakers

Bett Lujan Martinez, M.Ed., and Executive Director of The Possible Society of California

An educator, performer and body-mind-spirit educator for over 40 years, Bett is the creator of an audio self-care program, The Embodiment System. In 2003 Bett originated Spiritwalking | Aqua Ch'i training. Currently she and her colleagues are developing WARRIORS HEART, a program to serve veterans from Iraq and Afghanistan.



Rachel Johnson

Rachel has studied the healing arts of Asia for 25 years. In addition to maintaining a private practice of Shiatsu, Thai massage, and

Watsu, she teaches professional certification courses and community workshops in the San Francisco Bay Area.

Chloe Karl, MSW

Chloe has been an occupational therapist for nearly 35 years. Recently Chloe completed the training program for Spiritwalking | Aqua Ch'i. She has certification and special studies with essential oils and advanced studies in Spiritual PhytoEssencing™.

Sheila Pyatt, R. N.

Sheila is a graduate of Loyola University, Chicago. She has worked in primary care and occupational health nursing for over 35 years, with a private practice in Yoga, Thai and Jahara Aquatic Massage therapies. Currently she is the Hydrotherapy Program Coordinator at the George Mark Children's House in San Leandro.

DOROTHY & SIDNEY
Millman
Respite
Center
STATE LICENSED ADULT DAY PROGRAM

Concord
COMMUNITY & RECREATION SERVICES