

CFLR, Inc.
502 Court St., Suite 401
Utica, NY 13502



WhenTheresHelpTheresHope.com
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The Professional Training Coalition of Oneida County invites you to participate in its **Workplace Wellness Expo on Friday, February 7th, 2020 at Hart's Hill Inn** (135 Clinton Street, Whitesboro, NY 13492). This Expo is about taking care of you so you can continue to take care of our community. We'll learn ways to make sure that we are balancing our home life and work life along with healthy ways to deal with stress in the office. This is about taking time to take care of yourself!

Morning Coffee / Tea / Continental Breakfast

- 8:30 am – 9:00 am** Registration
- 9:00 am – 10:00 am** Christina D'Amico, MSACN, CSCS – Christina will be discussing goal setting/fitness/nutrition and tying it all together.
- 10:00 am – 11:00 am** Angelica Martin, New Earth Practitioner - Angelica will be focusing on modalities that not only relax the mind but can reprogram subconscious beliefs and clearing trauma including EFT (tapping), meditation, breath work and shaking.
- 11:00 am – 12:00 pm** Jennifer D'Amico, LMSW and Crystal Faria, BS, EAP Coordinator

Afternoon

- 12:00 pm – 1:00 pm** Lunch
- 1:00 pm – 3:00 pm** Break-Out Groups (*recommended to wear clothing that you can move in.*) Some of the trainers will include Lexi Amico LMT, CaLee Zennamo from Fitness Farmacy, Linda Zellos LMSW, Christina and Angelica. With a possibility of more people.
- 3:00 pm – 3:30 pm** Networking & Closing Remarks.

This is a wellness expo, there will be no credits given

The cost is \$75 per participant, this includes light breakfast, lunch, and Expo activities.

Email dlescio@cflrinc.org or call (315)733-1709 with any questions.

Training Date/Title: "WORKPLACE WELLNESS EXPO"
REGISTRATION DEADLINE: FEBRUARY 3RD, 2020

Participant: _____

Position: _____

Employer: _____

Payment type: check: _____ pay in person: _____ cc#: _____ ex: __/__/__ ccv: ___

Phone: (____) _____ Email: _____

TO REGISTER: Return form with non-refundable registration fee to: Center for Family Life and Recovery, Inc., 502 Court Street, Suite 401, Utica, NY 13502. ****Registration confirmation will not be sent.** Participants are considered registered when payment or P.O. number is received. Receipts for payment are available – please indicate on the form if a receipt is needed. P.O.s are accepted. You can pay online at www.WhenTheresHelpTheresHope.com Questions? Please contact Dominica Liscio via email dlescio@cflrinc.org or by phone: 315.733.1709.

Sponsored by Oneida County
Department of Mental Health