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## March 8 Friday Flex Follow-Up Wellness & Well-Being Workshop Descriptions

**8:30-9:30**

**The Power of Positive Thinking** by BJ King, Anthem. Holding onto negative thoughts and actions is the formula for disaster. Build self-confidence and success in all areas of life by thinking positively. Come learn to expand the way you think about work, life, family, finances, health, etc. Use positive attitudes, words, and affirmations to establish good new skills, habits, goals, and actions for a successful life. **BU 118.**

**Coping With Stressors, Pressures, and Demands** by Dr. C. Oler. Gavilan's own Dr. O will offer practical ways based on current psychological research to better cope with demanding jobs and lives. Please come for two hours. **BU 120.**

**9:40-10:40**

**Overcoming Burn**

**Get Up and Get Moving: Sedentary to Active** by J. Lango. Using the FITTE principle, the Karvonen Formula (yes, Math!), and the Runkeeper App, Gavilan's football coach will lead the group in looking at how each participant can develop an exercise routine that meets her or his needs. **BU 120**

**All Wet: Pool Fitness the Fun Way and APE Tour** by Eric Lopez and Karen Sato. Join our Adapted PE instructors in the pool to have fun and get a great low-impact workout. Wear shades, hat, & bathing suit, and bring a towel to poolside; after everyone's out and dry again, come on a tour of the Adapted PE facility.