

SWAPA Workshop Schedule

8:30-9:00 am Registration

9:00-9:15 am Welcome/Ice Breaker

9:15-10:15 am **NASCO New Products,
New Trends & New Ideas**

10:15-10:30 am Break



10:30-11:45 am **Tour of
NASCO**

11:45 am-12:45 pm Lunch

1-2 pm **Participant Networking and
Sharing of Ideas/Resources**

2:00-3:00 pm **Exercise: The Arthritis
Pain Reliever**

3:00-3:15 pm Break



3:15-4:15 pm

**We All Forget-Is it Normal Aging
or Should I Be Concerned?**

For more information please contact
Lora Friedrichs, ADC

lorafried@yahoo.com

608-676-6063



“Tune up for 2012”



**Tuesday,
March 27, 2012
8:30 am to 4:15 pm**

Nasco

**NASCO Training Center
901 Janesville Avenue
Ft Atkinson, WI
53538
Parking next to the
Training Center**



SWAPA
Southern Wisconsin Activity
Professionals Association

You can call your order in
ahead of time & pick it up
after the workshop or plan
to shop after the
workshop!
Store Hours:
8 am-5:30 pm

Lora Friedrichs, ADC

717 Carol St, #B

Clinton, WI 53525

Attention: Activity Director, Social Services Staff

Registration Deadline: March 16, 2012

New Products, New Trends, New Ideas: Judi Boyd, AC-BC, ACC, NASCO Director of Sales and Marketing for Senior Activities will present new products that are available in 2012. You will also learn about new trends in activity programming and new programming ideas. Judi was an Activity Director for 16 years and an Activity Consultant/Educator for 7 years.



NASCO Tour: Take a tour of the NASCO buildings to see the inner workings of the company.

Networking and Sharing of Ideas: Participants will be divided into groups and encouraged to share ideas and resources. There will be an outline to follow during this period to keep the small groups organized. Please bring a copy of a recent calendar and ideas or resources to share with the group.



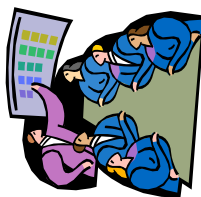
Exercise: The Arthritis Pain Reliever: You will learn about the burden of arthritis, and to differentiate between Osteoarthritis (OA) vs. Rheumatoid Arthritis (RA). Alison Eschweiler, Health Promotion Coordinator- Arthritis Foundation will tell you about the Arthritis Foundation Exercise Program (AFEP). To learn about the management of arthritis with exercise, Deb Stevens, Certified Arthritis Foundation Exercise and Aquatic Program instructor, will be conducting a mini Arthritis Foundation exercise class. Arthritis nutrition brochures and guides will also be available.



We All Forget-Is it Normal Aging or Should I Be Concerned? During this session you will learn which cognitive changes are normal and which are not as we age. Danielle Thai, Education Coordinator, from the Alzheimer's and Dementia Alliance of WI, will also talk about how memory works and what to do if you are concerned about your memory.



SWAPA Workshop Registration Deadline-March 16, 2012



Facility Name: _____ SWAPA Member Y/N _____
 Facility Address: _____
 City and Zip: _____ Phone: _____
 Participant Name/s (Please Print) _____

SWAPA members enjoy a 10% discount applied to total registration fee. Full Day-\$55/participant (includes lunch) **# non-members attending _____ x \$55.00 = \$ _____ /SWAPA member # _____ x 49.50=\$ _____. Half Day: Morning/Afternoon **# non-members attending _____ x \$27.50 = \$ _____ /SWAPA member # _____ x \$24.75 = \$ _____ Total Cost \$ _____ Total enclosed \$ _____

5 Continuing Educational hours are available for a full day workshop/2 CE Hours for morning half day workshop/3 Continuing Educational Hours for an afternoon half day workshop/Make checks payable to SWAPA and Mail check & Registration to Lora Friedrichs at 717 Carol St. #B, Clinton WI 53525