

FALL 2008 PROFESSIONAL DEVELOPMENT

Team Life Seminars

Hosted by: Kelly Falcone & Patti Waterman,
Physical Education

Code # 102 Code # 103

Date: Tuesday, October 7

Date: Wednesday, December 3

Time: 4:00 – 6:00pm

Location: O-13

PD Hours: 2 Hours *PD Hours:* 2 Hours

Description: 1st hour: Special Topics in Health. This hour will include various important health topics. *2nd hour:* Putting Health into action with a walk around campus.

Please wear appropriate walking shoes.

Instruction on proper cardio-intensity measurement through heart rate monitoring will be addressed and each participant will have the opportunity to ask any important health questions or concerns they may have. Please come with the desire to get moving and learn more about all the important health topics.

T
Together

E
evaluating

A
assessing

M
managing

L
life

I
improvements

F
for

E
employees