

**BERGEN COUNTY EDUCATION ASSOCIATION
PROFESSIONAL DEVELOPMENT
OVERNIGHT WORKSHOP
GLENPOINTE MARRIOTT HOTEL
TEANECK, NEW JERSEY**

**FRIDAY, APRIL 16, 2010
&
SATURDAY, APRIL 17, 2010**

REGISTRATION 3:30 PM – 5:00 PM
FRIDAY EVENING PROGRAM 5:15 PM – 7:15 PM
DINNER 7:15 PM
SATURDAY BREAKFAST 7:30 AM – 8:30 AM
SATURDAY MORNING PROGRAM 8:30 AM – 1:00 PM
LUNCH 1:00 PM – 2:00 PM

EDUCATING FOR WELLNESS

Students stress out just as much as teachers. This presentation/demonstration presented by Stacie Drummond and staff from Paramus Medical & Sports Rehabilitation Center will explain and show how different modes of therapy aid in improving medical conditions i.e. acupuncture for stress, depression, weight loss, smoking and allergies. A demonstration of how massage therapy aids in relaxation, and how physical therapy works on orthopedic/therapeutic problems. Also explained will be IMX Pilates which marries muscle toning and lengthening benefits of Pilates with strength and cardio training to increase flexibility, endurance and muscle tone while strengthening the spine and abdominal core. Participants will be able to take the training back to the classroom to help students alleviate some of their stresses and better focus their on what their learning. The information that will be presented can be applied to the welfare of students and staff. The current environment has negatively effected the physical well-being of many people.

**6 HOURS OF CONTINUING EDUCATION HOURS
GIVEN FOR ATTENDANCE FRIDAY AND SATURDAY**



REGISTRATION FORM FOR OVERNIGHT WORKSHOP

Clip and return to BCEA, 210 West Englewood Avenue, Teaneck, NJ 07666 before April 6, 2010 with your check made payable to the BCEA. **THERE WILL BE A LATE FEE OF \$10.00 FOR REGISTRATIONS RECEIVED AFTER APRIL 6, 2010. NO REFUNDS AFTER APRIL 6, 2010.**

Reservations on a first-come, first-served basis. Payment must accompany registration.

Meals are included with all registration types. Dinner on Friday will be buffet.

Commuter \$30 _____ Double Occupancy \$45 _____ Single Occupancy \$95 _____

Name _____

Local Association _____

Home Address _____

Phone (School) _____ Phone (Home) _____

Name of Roommate _____

A copy of your current NJEA membership card will be accepted to verify membership
If no name is listed, a roommate will be assigned.

OVER PLEASE

TRANSITION TO A HEALTHIER YOU

Attend our Transitions Overview Seminar and learn why this system works. Transitions Lifestyle system is the last weight management program you will ever need. Learn about low-glycemic index eating, exercising and stress reduction. Here you will get a crash course in carbohydrates, which is what the GI (Glycemic Index) is all about. Diabetes is an increasing threat to the health of our students due to poor eating habits and sedentary life style. Discover the importance of the GI in preventing and managing this disorder and others, from diabetes to cancer to fatigue. Some frequently asked questions about the GI system will be answered:

- ✧ *Why are certain foods, like meat and fish not ranked on the Glycemic Index?*
- ✧ *Since carrots have a high GI, does that mean that they are an unhealthy food?*

The fact is you don't have to give up your favorite foods-even if they rank high on the index, you just have to learn to integrate them wisely in your diet. Since there are so many students with diabetes in the schools you will learn to understand their needs and also be able to assist them in making better eating choices.

TAKE CHARGE OF YOUR HEALTH THROUGH NUTRITION

Isotonix Vitamins – the science and advantage of Isotonix, the world's most potent nutra-ceutical taken orally.

Do you think you are eating the right foods? How about your students and your children? Did you know that allergies, headaches, hyperactivity, diabetes, high blood pressure, asthma, and skin disorders just might be from what we eat?

Take better charge of your health and the health of your loved ones. You will learn important information about lifestyle and fitness and you'll think twice the next time you want to visit McDonald's or grab that extra slice of pizza you will think twice.