

SPRING 2014 FLEX DAY
Thursday, January 30th

8:00 AM – 8:30 AM	Enjoy French pastries donated and made by our very own Chef André Adam! <i>Donations are welcomed in support of the Hospitality Club!</i> Sam Karas Room			
8:30 AM – 9:45 AM	Vice-Presidents' Highlights LF 103			
10:00 AM – 11:00 AM	CAMPUS WELLNESS	STUDENT WELLNESS	PERSONAL WELLNESS	SPECIAL SESSION
	<p>“Seeking the Funding to Expand Your Horizons” <i>Beccie Michael & Deidre Sullivan</i> LF 101</p> <p>Bring your great ideas to fruition with the support and knowhow of experienced grant writers on our campus. Discover how to acquire funding for your projects/programs. This session will launch the MPC Grant Seekers Network, which will provide on-going information, collaboration, and support for grant writing efforts on our campus.</p>	<p>“Dealing w/Students in Distress” <i>Christine Vincent & Cristin DeVine</i> LF 103</p> <p>In this innovative online simulation, faculty, staff and administrators will learn how to identify and talk to students exhibiting signs of psychological distress and motivate them to seek appropriate help.</p> <p><u>A Crisis and Intervention Guidelines</u> document will be available at the training, helping participants determine where to refer students' on-campus or in the community.</p>	<p>“Kitchen Pantry Makeover for a Healthier You” <i>Sylvia Langland & Susan Singer</i> LF 102</p> <p>Save money and improve your health as your campus nutrition instructors share their wealth of knowledge as Registered Dietitians to give your pocketbook and your well-being a boost.</p>	<p>MPC's Institutional Committee for Distance Education welcomes facilitators from the @ONE Online Teaching Certification Program for a 1 1/2-day (Thursday & ½ day Friday) intensive online course design workshop. This workshop is made possible through an MPC FASA award.</p> <p>During this hands-on workshop you will receive useable tips from @ONE's expert online instructors that will help improve your online course design, increase your student success and retention rates, and help you take better advantage of the tools available in MPC Online. Faculty interested in becoming certified online teachers can begin the process during this workshop and follow up with additional courses offered in the spring semester through MPC Online.</p> <p>To sign up for the workshop visit http://goo.gl/Pm49sC or email onlinehelp@mpc.edu. (Limited to 30 participants)</p>
11:15 AM – 12:15 PM	<p>“The New MPC IT & AV Helpdesk” <i>Robert Boardman, Mike Midkiff & Linda Sasaki</i> BMC 206</p> <p>Have problems with you projector, your printer, or your computer? You can use the new MPC Help desk system to submit a request. Come to this workshop where we will help you learn to use the new system.</p>		<p>“Ergonomics in the Workplace and Beyond” <i>Pamela Gangloff, JPA Safety Coordinator</i> BMC 204</p> <p>Ergonomics is the science of adapting tasks and tools to fit the person. In this workshop you will learn to avoid some of the common ergonomic health hazards in the workplace and to adapt your work settings to best accommodate you. (Limited to 25 participants)</p>	
12:30 PM – 1:30 PM	<p style="text-align: center;">“Know Your Benefits Updates” <i>Shirley Kim & Alliant, LF 102</i></p> <p>Alliant will provide an update on our benefits. Topics will include: information on Anthem's Disease Management Program and an overview on a new app for your smart phone!</p> <p style="text-align: center;"><i>Lunch provided by MPCEA & MPCTA</i> RSVP to skim@mpc.edu by Monday, 1/27/14</p>	<p>LUNCH Caroline Page Garden (weather permitting)</p> <p>Bring your own sack lunch and enjoy the company of your colleague.</p>	<p>“Free Massages “ <i>Massage Therapy Program, Sam Karas Room</i></p> <p>Sign-up on <u>Wednesday</u> a.m., in front of LF 103</p>	
1:45 PM – 2:45 PM	CAMPUS WELLNESS	STUDENT WELLNESS	PERSONAL WELLNESS	
	<p>Yoga <i>Kim Fujii</i> DA 101</p> <p>Bring yourself into balance as you relax your body and recharge you mind. Join our own Kim Fujii as she guides you through an introduction to the principals and practices of Yoga. Please wear comfortable clothes. No experience required.</p>	<p>“Accommodations & the Non-Traditional Learner” <i>Jacque Evans & Kathleen Rozman</i> BMC 204</p> <p>As emerging populations of non-traditional learners enroll in college, we invite you to explore how Universal Design strategies will creatively help you come up with non-traditional accommodations in the classroom that will facilitate communication between you and students.</p>	<p>“Relax Into Spring: Art as Meditation” <i>Melissa Pickford</i> MPC Art Gallery</p> <p>Stressed? Overwhelmed? Come learn how to relax, focus, and calm your mind by making <i>mandalas</i> (Buddhist or Hindu meditation circles). Includes a tour of the MPC Art Gallery. No art skills required.</p>	
3:30 PM – 5:00 PM	<p>Field-Trip to Public Safety Training Center (PSTC) & Marina Education Center (Sign-up Wednesday a.m. for MPC Vans or Drive Yourself) <i>Explore MPC's hidden gems, followed by a “happy hour” of desserts and beverages at the Marina Education Center!</i></p>			