Harrisburg Campus April, 2013

Α	Administrative/Faculty
S	Support Staff
M	Maintenance
С	Campus Safety
Р	Becoming a Supervisor
0	Open (AII)

Tuesday, April 16		Know Your Fitness O
Independence Blue Cross A 178 Videoconferenced from Main campus	LLPD 306E	Starting and incorporating a fitness program into your life can be challenging for many reasons. You first have to determine what you want and need to do, learn how to do it, determine when the best time is, and decide where to do it. Though there is some great information presented on television, in books, on the radio, and in numerous publications, the sheer amount of information can be overwhelming and confusing. Here is a great solution. In a 60-minute, fully interactive discussion, a Fit Essentials Fitness Professional will discuss the following topics: • Reasons to exercise (general health, looks, medical purposes, stress relief, functional purposes, etc.) • Risk factor assessment • Exercise myths • Components of your fitness program/exercise sessions • Overcoming common constraints (time, work, etc.) • Motivational methods • Home vs. health club workouts • Personal trainers: are they beneficial and how to choose one • Choosing a health club/fitness center • Resources for fitness Bring your questions, and get the answers you need to successfully incorporate fitness into your life today!
Wednesday, April 17		After They're Gone O
2:30-3:30 KayMarie Platt A 180 Videoconference from Delaware	LLPD 205B	If you were responsible for the final arrangements and estate settlement for a close friend or relative, would you know what to do? This class will offer some suggestions and a checklist for navigating through the loss of a loved one, offer insight

Friday, April 26		into when you should seek legal and professional advice and how to be reasonably certain you're prepared in advance, to handle the duties of an executor/executrix. Crisis Management and Emergency Procedures O
12:30-2:00		
Kevin Raport		In the past few years, a number of tragic events have occurred
A 172	LLPD 404C	at educational institutions. These tragedies have had a major effect on the way that many organizations are planning for the future. Preparedness and knowledge are an important part of any type of emergency situation. To increase the knowledge of the Widener community, the Campus Safety Department has developed a class about crisis management and emergency procedures. This class will cover topics that are relevant to increasing the safety and knowledge of individuals on campus. Individuals will learn about steps they can take to maximize their personal safety during a crisis, appropriate university response, and what life safety, surveillance, and notification systems are currently in place at the university.

Register On-Line For LLPD

Faculty and Staff are invited to register online for the Lifelong Learning and Professional Development Workshops. In response to your feedback, we have simplified the online registration workflow. Please review the workshops being offered this semester, discuss them with your

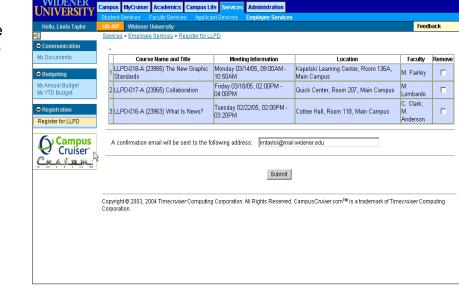


supervisor, and then log on to CampusCruiser and register!Click on the **WebAdvisor** tab.

- Click on the Employee Services sub-tab.
- Click on the Register for LLPD menu option on the left-hand side of the screen.
- Select the course(s) you wish to register for by clicking on the check box next to your selection(s).
- Scroll to the bottom of this screen and click the Submit button.

WIDENER

- You will be presented with a confirmation screen showing the course(s) you have selected and your email address. To complete your registration click
 - Submit
 - Confirm
 - OK
- When you receive your email confirmation we recommend you



forward a copy to your supervisor.