



Taking Care of You Conference 2017



Friday, July 14th
 McCook Community College -
 Barnett Hall
 1205 East 3rd ST · McCook, NE, 69001

Who should attend?
 All caregivers and providers who care for someone 24/7. This event will give you emotional, physical, spiritual and mental respite that is so vital for your self-care. You will have the opportunity to reflect, energize, and create.

- What will you do?**
- Develop a new appreciation of the concept, "You must take care of yourself for the one you love."
 - Pamper yourself with a makeover
 - Relax making scarves, scrapbooking and card making
 - Laugh and cry with hilarious entertainment

Schedule of Events

| | |
|-------------|--|
| 8:00-8:15 | Registration / DG Vendor Open |
| 8:15-8:45 | Helena's Hunt |
| 8:45-9:00 | Introduction |
| 9:00-9:45 | SESSION 1. (Choose 1) A. Know Your Numbers B. PTI C. Mary Kay Makeover |
| 9:50-10:35 | SESSION 2. (Choose 1) A. Healthy Eating B. Mental Health Diagnosis C. Mary Kay Makeover |
| 10:35-10:50 | Break (Booths, Networking, Snacks) |
| 10:50-11:35 | SESSION 3. (Choose 1) A. Card Making B. Preparedness C. Personality Test |
| 11:35-11:50 | Break (Booths, Networking, Walk to Weeth Theater) |
| 11:50-12:55 | Lunch and Julie Masters' Presentation |
| 1:05-1:50 | SESSION 4 (Choose 1) A. Scrapbooking B. Sensory Overload C. Fitness |
| 1:55-2:40 | SESSION 5. (Choose1) A. Scarf making B. Provider Online Training C. PTI |
| 2:45-3:30 | FABULOUS FANNY |
| 3:30-4:00 | Door Prizes and Dismissal |

FREE Southwest Nebraska
Public Health Department

Target Your Health - Know Your Numbers
 Finger prick blood testing for cholesterol levels and blood sugar. Also, blood pressure and general health assessment.
 Appointment Needed - 308-345-4223

For questions on sessions, schedule or payment, please call:
 Sharon Kircher,
 Business & Community Education
 McCook Community College
308-345-8123



McCook Community College Campus is located at 1205 East 3rd ST. Barnett Hall faces East L ST and sits between the Library and Walsh-Brady Hall. Registration is on the west entrance of the building.

Registration Form

Deadline - July 5, 2017

___ Number attending @ \$10 per person = \$ ___.00

Make checks payable to : McCook Community College

Mail form and payment to:
 Sharon Kircher, Business & Community Education
 McCook Community College
 1205 East 3rd ST
 McCook, NE 69001

| | |
|-----------------|---|
| Name: | |
| Address | |
| City / ST / Zip | |
| Circle one | Caregiver / Provider / Professional / other |
| Phone: | |
| Email: | |

SESSION 3

3 A. Card Making

1 B. Preparedness

2 C. Personality Test

Please indicated your first, second and third choice for each session. If your 1st choice session is full, you will be schedule in your 2nd choice

| SESSION 1 | | SESSION 2 | | SESSION 3 | | SESSION 4 | | SESSION 5 | |
|-----------|---------------------------|-----------|----------------------------|-----------|---------------------|-----------|---------------------|-----------|-----------------------------|
| | A. Know Your Numbers | | A. Healthy Eating | | A. Card Making | | A. Scrapbooking | | A. Scarf Making |
| | B. Parent Training & Info | | B. Mental Health Diagnosis | | B. Preparedness | | B. Sensory Overload | | B. Provider Online Training |
| | C. Mary Kay Makeover | | C. Mary Kay Makeover | | C. Personality Test | | C. Fitness | | C. Parent Training & Info |