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**\*\*ALL Classified Staff, Supervisors, & Managers are  
welcome to attend\*\***

Register for activities online at

[elcamino.flexreporter.com](http://elcamino.flexreporter.com)

Log in with your username and employee ID number, then click "**Register for an Activity.**"

Click the "**Select**" button next to the desired activity, then at the bottom of the next screen click "**Enroll in this Event.**"

Don't have a log in? Please contact the [\*\*Professional Development Office\*\*](#) at x3868.



# Schedule of Activities

Monday, May 22

## Prehab, Don't Rehab: The Secret to Preventing Injuries and Healing Joint Pain

Be informed on how to decrease injuries from overuse and repetitive motions so employees can perform optimally. Learn activation and recovery techniques that restore muscle balance, improve core stability and increase joint mobility. These methods are convenient, easy to learn and can be done throughout the day right at your desk.

**Presenter:** Kimberly Jones, Strength and Conditioning Coach

**Time:** 9:00am - 10:30am

**Location:** Student Activities Center, East Lounge

[Register Now!](#)

## Basics of Nutrition for Healthy Living

Looking to make better food choices for your body? Not sure what that food label really means? Then you don't want to miss out on this nutrition class that will provide you with an understanding on how to make better food choices (*despite the convenience and prevalence of quick-and-easy, tasty, and not so healthy choices*), read labels, and overall how to pursue a healthier eating lifestyle.

**Presenter:** Sue Ellen Warren, Nutrition Instructor

**Time:** 11:00am – 12:30pm

**Location:** ITEC Building, Room 229

[Register Now!](#)

## Staying safe in the World Wide Web

Don't get fooled by that "phishy" email!! Learn how to keep your work and personal information cyber-safe, how to prevent yourself from being scammed, and how the cybersecurity office is keeping your internet safe.

**Presenter:** Paul T. Yoder, Information Systems Security Specialist

**Time:** 1:00pm – 2:00pm

**Location:** Library, West Basement, TLC

[Register Now!](#)

**Tuesday, May 23**

## Yoga For You!

Start your morning right! Experience a simple and gentle hour long breath-based yoga practice, where you learn to fit the postures to you, not the other way around. You will learn some basic breath, asana (postures), and meditation/visualization techniques in a fun and supportive environment. No prior yoga experience necessary!

Please wear comfortable clothing.

**Presenter:** Danielle Roman, Health Sciences & Athletics Instructor

**Time:** 10:00am – 11:00am

**Location:** East Dining Room

[Register Now!](#)

## Locks, Plain & Simple

Whether you are at work or at home, this class will cover common issues with locks, safes, and home security.

**Presenter:** Roy Dietz, Locksmith

**Time:** 1:00pm – 2:00pm

**Location:** Library, West Basement, TLC

[Register Now!](#)

**Wednesday, May 24**

## Self-Defense: The Art of San Soo Kung Fu

Welcome to an introduction of the ancient art of San Soo Kung Fu, a Chinese fighting system based on five “families” of techniques: kicks, punches, leverages, throws, joint locks, pressure points, psychology of fighting, and physical conditioning. Basic self-defense techniques will be demonstrated. These moves will be safe and will not require anyone to go to the ground. Please wear comfortable clothing. If you have any questions prior to the class please feel free to contact Michael Clifford at 310-345-2471.

**Presenter:** Michael Clifford, 8<sup>th</sup> Degree Black Belt & Certified Instructor

**Time:** 10:00am - 12:00pm

**Location:** Student Activities Center, East Lounge

## [Register Now!](#)

### Safe Money Principles of Retirement Planning

Ask Yourself: Am I concerned about having enough money to last the rest of my life?

Can I be truly diversified if all my money is in the market?

How will I provide twice as much income in 25 years for inflation?

Do I want to KNOW I will be financially OK, or is HOPE enough?

What happened to pensions and how do I get one now?

Do I really understand the risk I am taking?

What is the best time to take my social security?

If you are not very comfortable with your answers, this workshop will help. It will be presented by Tom Penland, the local chapter president of American Financial Education Alliance, a nationwide, 501(3) non-profit company, promoting financial literacy, not products.

NOTE: IF YOU ARE TAKING THE SERP BUYOUT THIS IS A VERY HIGHLY RECOMMENDED WORKSHOP!

**Presenter:** Tom Penland, American Financial Education Alliance

**Time:** 1:00pm – 3:00pm

**Location:** Alondra Room

## [Register Now!](#)

**Thursday, May 25**



### CalPERS: Continuing CalPERS Member

This class is for early to mid-career members who want to get a head start on understanding their retirement benefits. Topics include how your retirement allowance is calculated, service credit, power of attorney and more.

**Presenter:** Soledad Franco, CalPERS

**Time:** 10:00am - 11:30am

**Location:** Student Activities Center, East Lounge

## [Register Now!](#)

### CalPERS: Planning Your Retirement

This workshop is for employees considering retirement within the next five years and want to learn more about CalPERS benefits and the retirement process. Topics include:

- What is CalPERS?
- Service Credit
- Retirement Formulas and Benefit Factors
- Final Compensation
- Retirement Calculation
- Survivor Continuance
- Retirement Payment Options
- Temporary Annuity
- Post-Retirement Lump Sum Death Benefits
- Taxes and Your Retirement
- Cost of Living Adjustment (COLA)
- Retirement Application Process
- Power of Attorney
- Retiree Health Benefits
- Working After Retirement
- Retirement Income Planning
- Keeping Informed
- Online Resources
- Contacting CalPERS

**Presenter:** Soledad Franco, CalPERS

**Time:** 1:00pm - 3:30pm

**Location:** Student Activities Center, East Lounge

## [Register Now!](#)

**Friday, May 26**

### Team Building Extravaganza

Will you SURVIVE to come out on TOP? Work with your fellow colleagues to claim 1st place and bragging rights that you were able to OUTWIT, OUTPLAY, and OUTLAST everyone! Wear comfortable shoes and clothing.

**Presenter:** Feet First Entertainment

**Time:** 9:15am – 11:30am

**Location:** North Gym

## [Register Now!](#)

### Campus Lunch

Lunch is SERVED!! Enjoy a delicious meal with your colleagues. All are invited.

**Time:** 12:00pm - 1:00pm

**Location:** East Dining Room

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**Professional Development & Learning Department**

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