



# THE LEARNING INSTITUTE

MIND-BODY  
WELLNESS  
SERIES

## 2023-2024 WORKSHOP CALENDAR

Thursday, August 17, 2023 | 3:15- 4:15 p.m.

### **Obesity: Adult Weight Management**

Presented by Blue Shield

Thursday, August 31, 2023 | 3:15- 4:15 p.m.

### **Supporting Your Kids: Identifying and Addressing Signs of Stress**

Presented by Health Advocate

Thursday, September 7, 2023 | 3:30-4:30 p.m.

### **Preparing Healthy Meals and Dining Out**

Presented by Kaiser Permanente

Thursday, September 28, 2023 | 3:30-4:30 p.m.

### **Working Well with Different Personality Styles**

Presented by Health Advocate

Thursday, October 19, 2023 | 3:00-4:00 p.m.

### **The Keys to Diabetes Prevention**

Presented by Kaiser Permanente

Thursday, November 9, 2023 | 3:30-4:30 p.m.

### **Healthy Celebrations**

Presented by Kaiser Permanente

Thursday, December 7, 2023 | 11:30 a.m.-12:00 p.m.

### **Strengthen & Stretch at Your Desk**

Presented by Kaiser Permanente

Tuesday, December 12, 2023 | 3:15- 4:15 p.m.

### **Communication Improved: Conflict Resolution**

Presented by Health Advocate

Thursday, January 11, 2024 | 11:30 a.m.-12:00 p.m.

### **Refresh, Renew and Repair Yoga**

Presented by Kaiser Permanente

Tuesday, January 23, 2024 | 3:15- 4:15 p.m.

### **Mind Your Own Business: Confidentiality, Rumors and Gossip**

Presented by Health Advocate

Thursday, February 1, 2024 | 3:00-4:00 p.m.

### **Taking Care of Your Heart**

Presented by Kaiser Permanente

Thursday, March 7, 2024 | 3:30-4:30 p.m.

### **Dietary Approaches to Stopping Hypertension**

Presented by Kaiser Permanente

Thursday, March 14, 2024 | 3:15- 4:15 p.m.

### **Dreaming of Retirement: A Financial Perspective**

Presented by Health Advocate

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California Schools JPA<sup>SM</sup>

EMPLOYEE BENEFITS | RISK MANAGEMENT

# THE LEARNING INSTITUTE

MIND-BODY  
WELLNESS  
SERIES

## 2023-2024 WORKSHOP CALENDAR

Thursday, April 18, 2024 | 3:00-4:00 p.m.

### **Men's Health**

Presented by Kaiser Permanente

Thursday, April 25, 2024

### **Re-Focus on Retirement**

Presented by TBD

Thursday, May 2, 2024 | 3:30-4:30 p.m.

### **Women's Health**

Presented by Kaiser Permanente

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## 2023-2024 WORKSHOP CALENDAR

Tuesday, July 18, 2023 | 2:00-3:30 p.m.

### **Risk Management Roundtable- Deadly Response- Following a Deadly Weapons Event**

Presented by Alliant/ CrisisRisk

Tuesday, July 25, 2023 | 8:00 a.m. - 12:00 p.m.

### **Emergency Operations Training- Lock-down Exercises**

Knowledge Saves Lives (KSL)

Thursday, July 27, 2023 | 10:00-11:00 a.m.

### **Health Advocate Resources-Critical Incident Response and Employee Assistance Program (EAP)**

Presented by Health Advocate

Wednesday, September 20, 2023 | 8:00 a.m.- 5:00 p.m.

### **Behavioral Threat Assessment**

Presented by Kevin Smith, JRIC

Tuesday, September 26, 2023 | 9:00 - 11:00 a.m.

### **Comprehensive School Safety Plan (CSSP) /Safety Committee**

Presented by Sherry Colgan

Tuesday, October 10, 2023 | 2:00-3:30 p.m.

### **Risk Management Roundtable- TBD**

Presented by CSRSM

Thursday, January 25, 2024 | 9:00 - 11:00 p.m.

### **Standardized Management System (SEMS), National Incident Management System (NIMS) and Incident Command System (ICS)**

Presented by Sherry Colgan

Tuesday, February 13, 2024 | 2:00-3:30 p.m.

### **Risk Management Roundtable- TBD**

Presented by CSRSM

Tuesday, February 27, 2024 | 10:00- 11:30 a.m.

### **Title IX**

Presented by Kristine Kwong

Tuesday, March 5, 2024 | 8:00 a.m. - 4:00 p.m.

### **NFPA 70E Lockout-Tagout (National Fire Protection Association)**

Presented by Alliant

Tuesday, May 7, 2024 | 2:00-3:30 p.m.

### **Risk Management Roundtable- TBD**

Presented by CSRSM

Tuesday, June 4 and Wednesday June 5, 2024 |

8:00 a.m.- 5:00 p.m.

### **OSHA 10- Hour - General Industry**

Presented by CSRSM

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## 2023-2024 WORKSHOP CALENDAR

Thursday, July 27, 2023 | 10:00-11:00 a.m.

### **Health Advocate Resources-Critical Incident Response and EAP**

Presented by Health Advocate

Thursday, September 21, 2023 | 10:00-11:00 a.m.

### **Hiring Best Practices to Prevent Childhood Sexual Assault**

Presented by Dennis Popka

Tuesday, September 26, 2023 | 9:00 a.m.- 1:00 p.m.

### **Comprehensive School Safety Plan (CSSP) / Safety Committee**

Presented by Sherry Colgan

Tuesday, October 24, 2023 | 10:00-11:00 a.m.

### **Claims Made Coverage and Reporting Requirements for Childhood Sexual Assault**

Presented by Robert Feldhake

Thursday, October 26, 2023 | 10:00-11:00 a.m.

### **Avoiding Liability Litigation Traps**

Presented by Matthew Soleimanpour, Esq. Soileman, APC

Thursday, November 14, 2023 | 9:00 a.m.- 12:00 p.m.

### **Grooming Behaviors, Our Obligations and Title IX**

Presented by Alexandria Davidson, AALRR

Wednesday, December 6, 2023 | 10:00-11:30 a.m.

### **Diversity, Equity and Inclusion**

Presented by Dr. Cherina Betters, SBCSS

Tuesday, January 30, 2024 | 9:00-11:00 a.m.

### **ADA/FEHA Disability Compliance: Managing Reasonable Accommodations**

Presented by Rachel Shaw

Thursday, February 15, 2024 | 10:00-11:00 a.m.

### **Claims Made Coverage and Reporting Requirements for Childhood Sexual Assault**

Presented by Robert Fedlhake

Tuesday, February 27, 2024 | 10:00-11:00 a.m.

### **Title IX**

Presented by Kristine Kwong

Thursday, February 29, 2024 | 10:00-11:00 a.m.

### **Hiring Best Practices to Prevent Childhood Sexual Assault**

Presented by Dennis Popka



# THE LEARNING INSTITUTE

GENERAL  
WORKPLACE  
SERIES

## 2023-2024 WORKSHOP CALENDAR

Thursday, July 13, 2023 | 10:00-11:00 a.m.

### **Workers' Comp Focus Group- The Life of a Claim**

Presented by CSRM

Friday, August 18, 2023 | 3:00-4:00 p.m.

### **Board Member Orientation- Getting to Know the Joint Powers Authority (JPA)**

Presented by Teresa Saenz and Javier Gonzales

Friday, September 29, 2023 | 3:00-4:00 p.m.

### **Board Member Orientation- Duties of Board & Committee Members; Roles and Responsibilities, Staff Interaction**

Presented by Lori Rhodes and Jan Gonzales

Thursday, October 19, 2023 | 10:00-11:30 a.m.

### **Workers' Comp Focus Group- Cal OSHA 300 & BLS**

Presented by Alliant

Friday, October 27, 2023 | 3:00-4:00 p.m.

### **Board Member Orientation- Board & Committee Members- Meeting Protocols and Attributes of High Performing Boards**

Presented by Mitch Hovey and Dick Bray

Tuesday, December 5, 2023 | 10:00-11:00 a.m.

### **Important Things to Know from DWC-I&A**

Presented by Sherri Williams

Friday, January 26, 2024 | 3:00-4:00 p.m.

### **Board Member Orientation- Brown Act Compliance, Public Attendance and Comment, Open-Closed Sessions and Confidentiality**

Presented by Dick Bray and Lori Rhodes

Thursday, February 15, 2024 | 10:00-11:00 a.m.

### **Claims Made Coverage and Reporting Requirements for Childhood Sexual Assault**

Presented by Robert Fedlhake

Friday, March 15, 2024 | 3:00-4:00 p.m.

### **Board Member Orientation- Ethics & Conflicts of Interests: Form 700**

Presented by Teresa Saenz and Robert Feldhake, JPA Counsel

Thursday, May 2, 2024 | 10:00 a.m. -12:00 p.m.

### **Workers' Comp Focus Group-Coordinating Leave Provisions of the Education Code with WC Benefits for K-12 & Higher Education**

Presented by Pat Hamblin

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## 2023-2024 WORKSHOP CALENDAR

Thursday, July 27, 2023 | 10:00- 11:00 a.m.

**Health Advocate Resources-Critical Incident Response and Employee Assistance Program (EAP)**

Presented by Health Advocate

Wednesday, August 16, 2023 | 3:15-4:15 p.m.

**Employee Orientation to the Employee Assistance Program (EAP)**

Presented by Health Advocate

Thursday, August 17, 2023 | 3:15- 4:15 p.m.

**Obesity: Adult Weight Management**

Presented by Blue Shield

Friday, August 18, 2023 | 3:00-4:00 p.m.

**Board Member Orientation- Getting to Know the Joint Powers Authority (JPA)**

Presented by Teresa Saenz and Javier Gonzales

Tuesday, August 22, 2023 | 10:00- 11:00 a.m.

**ACA Budget Wreckers: You Don't Know What You Don't Know**

Presented by Geoff Hinton, American Fidelity

Thursday, August 24, 2023 | 3:00 -4:00 p.m.

**Blue Shield Programs Overview**

Presented by Blue Shield

Thursday, August 31, 2023 | 3:15- 4:15 p.m.

**Supporting Your Kids: Identifying and Addressing Signs of Stress**

Presented by Health Advocate

Wednesday, September 13, 2023 | 3:30-4:30 p.m.

**Planning for Retirement: Navigating Medicare**

Presented by Terri Lynn, Kaiser Permanente

Thursday, September 21, 2023 | 3:15-4:15 p.m.

**Blue Zones/Power Foods**

Presented by Blue Shield

Thursday, September 28, 2023 | 3:30-4:30 p.m.

**Working Well with Different Personality Styles**

Presented by Health Advocate

Friday, September 29, 2023 | 3:00-4:00 p.m.

**Board Member Orientation- Duties of Board & Committee Members; Roles and Responsibilities, Staff Interactions**

Presented by Lori Rhodes and Jan Gonzales

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## 2023-2024 WORKSHOP CALENDAR

Tuesday, October 3, 2023 | 10:00 -11:00 a.m.

### COBRA Update

Presented by TAG

Friday, October 27, 2023 | 3:00-4:00 p.m.

### Board Member Orientation- Board & Committee Members- Meeting Protocols and Attributes of High Performing Boards

Presented by Mitch Hovey and Dick Bray

Thursday, November 2, 2023 | TBD

### Nutrition and Obesity: Why it's so Hard to Lose Weight and ways to Fight Back Part 1

Presented by Dr. Lawrence, Blue Shield

Tuesday, December 12, 2023 | 3:15- 4:15 p.m.

### Communication Improved; Conflict Resolution

Presented by Health Advocate

Thursday, December 14, 2023 | 10:00 - 11:00 a.m.

### ACA 1095

Presented by American Fidelity

Tuesday, January 23, 2024 | 3:15- 4:15 p.m.

### Mind Your Own Business

Presented by Health Advocate

Thursday, January 25, 2024 | TBD

### Nutrition and Obesity: Why it's so Hard to Lose Weight and ways to Fight Back Part 2

Presented by Dr. Lawrence, Blue Shield

Thursday, February 22, 2024 | TBD

### Nutrition and Obesity: Why it's so Hard to Lose Weight and ways to Fight Back Part 3

Presented by Dr. Lawrence, Blue Shield

Friday, January 26, 2024 | 3:00-4:00 p.m.

### Board Member Orientation- Brown Act Compliance, Public Attendance and Comment, Open-Closed Sessions & Confidentiality

Presented by Dick Bray and Lori Rhodes

Wednesday, February 28, 2024 | 3:30-4:30 p.m.

### Planning for Retirement: Navigating Medicare

Presented by Terri Lynn, Kaiser Permanente

Friday, March 15, 2024 | 3:00-4:00 p.m.

### Board Member Orientation- Ethics & Conflicts of Interests: Form 700

Presented by Teresa Saenz and Robert Feldhake, JPA Counsel

Wednesday, April 17, 2024 | 3:30-4:30 p.m.

### Planning for Retirement: Navigating Medicare

Presented by Terri Lynn, Kaiser Permanente

TBD

### Credible Minds

Presented by Blue Shield

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