

WAHPERD WORKSHOP

**FREE
PRIZES**

Who: ALL PE teachers! This workshop is combined with the CWE Convention (Central Wisconsin Educators) SO ALL TEACHERS!

What: WAHPERD Workshop/CWE convention

Where: D.C. Everest H.S. & Weston Elementary (Archery Certification)

When: 9:00 am Friday, March 6, 2009 (take a half day and be inspired)

Cost: \$16 in advance \$19 at the door. THIS IS A BARGAIN!

Why: As educators we are dedicated to find new ways to reach our students in the classroom and/or the gym.

We will be partnering up with the CWE for another great workshop. This year we have three inspiring presenters that will be coming to our workshop.

WAHPERD ARCHERY CERTIFICATION TRAINING

Dan Schroeder, WI/NASP State Coordinator • 8:00 am – 4:00 pm

Location: Weston Elementary School, 5200 Camp Phillips Rd., Schofield, WI

Mark your calendars and plan to attend the day long training session for the Basic Archery Instructor on March 6, 2009 at the Weston Elementary School. Registration is limited and preregistration is recommended to ensure your spot for certification. Fee for the archery training is \$76.00. This includes entrance to the Central Wisconsin Educators Convention at the Greenheck Field House.

For registration, please email Dr. Kristi Roth at: kr Roth@uwsp.edu

RELAXATION ON THE GO: STRESS REDUCTION FOR BUSY BODIES

Lori Hepp, Nationally Certified Massage Therapist • Audience: General • Room: 206

Quick, effective techniques to relax, de-stress and gain better life balance! This interactive workshop will explore traditional and holistic modalities to keep you out of life stresses! This WAHPERD sponsored sectional is open to all!

ZUMBA

Dana Macalalad

Get your exercise without even knowing it! Come and work out to this FUN and ENERGETIC activity. Zumba integrates various forms of Latin dance with resistance exercises. It is fast and exciting. Sweats are not required! Come as you are and be ready to SHAKE IT with Zumba!

For more information:

<http://www.dwave.net/~cwe/>

