



HUMAN RESOURCES
& DEVELOPMENT
TULARE COUNTY

2014 HEALTH FAIR

“Create Your Wellness Bucket List”

THURSDAY
SEPTEMBER 25, 2014
8:00 AM—4:00 PM

Visalia Convention Center
303 E. Acequia Avenue
Visalia

Central California Blood Center’s blood mobile will be providing a **FREE** tote to all employees that donate blood.

Pre-Register by clicking on the link:

[Blood Donation Appointment - Registration](#)

WORKSHOPS & DEMONSTRATIONS

Financial Wellness	8:30 AM and 1:00 PM
Open Enrollment	9:00 AM and 12:30 PM
Bailoterapia	9:00 AM and 2:00 PM
Personal Safety	10:00 AM and 2:30 PM
Sheriffs K-9 Unit	10:00 AM and 1:00 PM
Tai Chi	11:00 AM and 3:00 PM

FREE Massages

Blood Donation

XBOX Bowling

Flu Shots

Glucose Testing

Blood Pressure & Optical

Tobacco Education

Weight Loss/Fit Challenge

Body Fat %

Water Conservation

BMI

Hats 4 Hope

And So Much More!



FINANCIAL WELLNESS

It seems these days that we are becoming increasingly aware of our wellness, and that's a good thing. We tend to focus on our physical, emotional, intellectual, spiritual, and social wellness. But how often do we take a look at our financial wellness?

Financial wellness is the balance between having a healthy state of well-being today while preparing financially for the future. Now this doesn't necessarily mean being wealthy, but it is more about having the feeling of control over your current finances and financial future.

Some aspects of financial wellness include: balancing our feelings about money and how we handle money, maintaining an understanding of our financial situation, and understanding and being comfortable about where money comes from and where it's going.

If this is a topic which interests you, come and join us at the Tulare County Health & Wellness Fair . We will be holding a one hour workshop with both morning and afternoon sessions available, co-hosted by TCERA and Great West Financial. You will have the opportunity to learn more and get answers to any questions you may have.

WHEN: Thursday, September 25th Sessions at 8:30am & 1:00pm

WHERE: Visalia Convention Center, In San Joaquin Rooms C & D

Click on the link to register: [Financial Wellness Class Registration](#)

SELF DEFENSE

Are you interested in personal safety and self-defense techniques? The County will provide a Self-Defense Skills Workshop at this year's Tulare County Health Fair. The Self Defense Skills workshop is designed to give each participant exposure to basic combat skills such as moving, blocking, breathing, striking and kicking. Each participant can then evaluate the various techniques and decide which of them they might be able to perform based on individual strengths and weaknesses.

This IS NOT A COMBAT CLASS. It is designed to give a participant various options in defending themselves from violent victimization and CREATING AN OPPORTUNITY TO ESCAPE. The participants are encouraged to participate in a no contact, no power exercise. Knowing when, where and how to use each technique is strongly emphasized. This workshop is not about being afraid, it's about empowering employees with skills they can actually use and develop.

The County is excited to bring back Mr. Bruce Anderson a national trainer, martial arts expert and former California Bureau of Narcotics Enforcement Officer to conduct the Self-Defense Skills workshop. Mr. Anderson on June 18, 19, 2014, gave a lively and information-packed presentation on Workplace Violence Awareness that 486 County employees attended. Mr. Anderson's unique delivery of the presentation incorporated hands on learning, demonstrations and use of attention grabbing props such as weapons, from guns to knives to a simple pencil. We are excited to see what new attention grabbing props and presentation techniques Mr. Anderson will use. The upcoming Self-Defense Skills workshop is sure to be engaging, energetic and should not be missed.

WHEN: Thursday, September 25th Sessions at 10:00am & 2:30pm

WHERE: Visalia Convention Center, In San Joaquin Rooms C & D

Click on the link to register: [Personal Safety Class Registration](#)