



# **President's Spring 2019 Speaker Series: A Falcon's Guide to Wellness**

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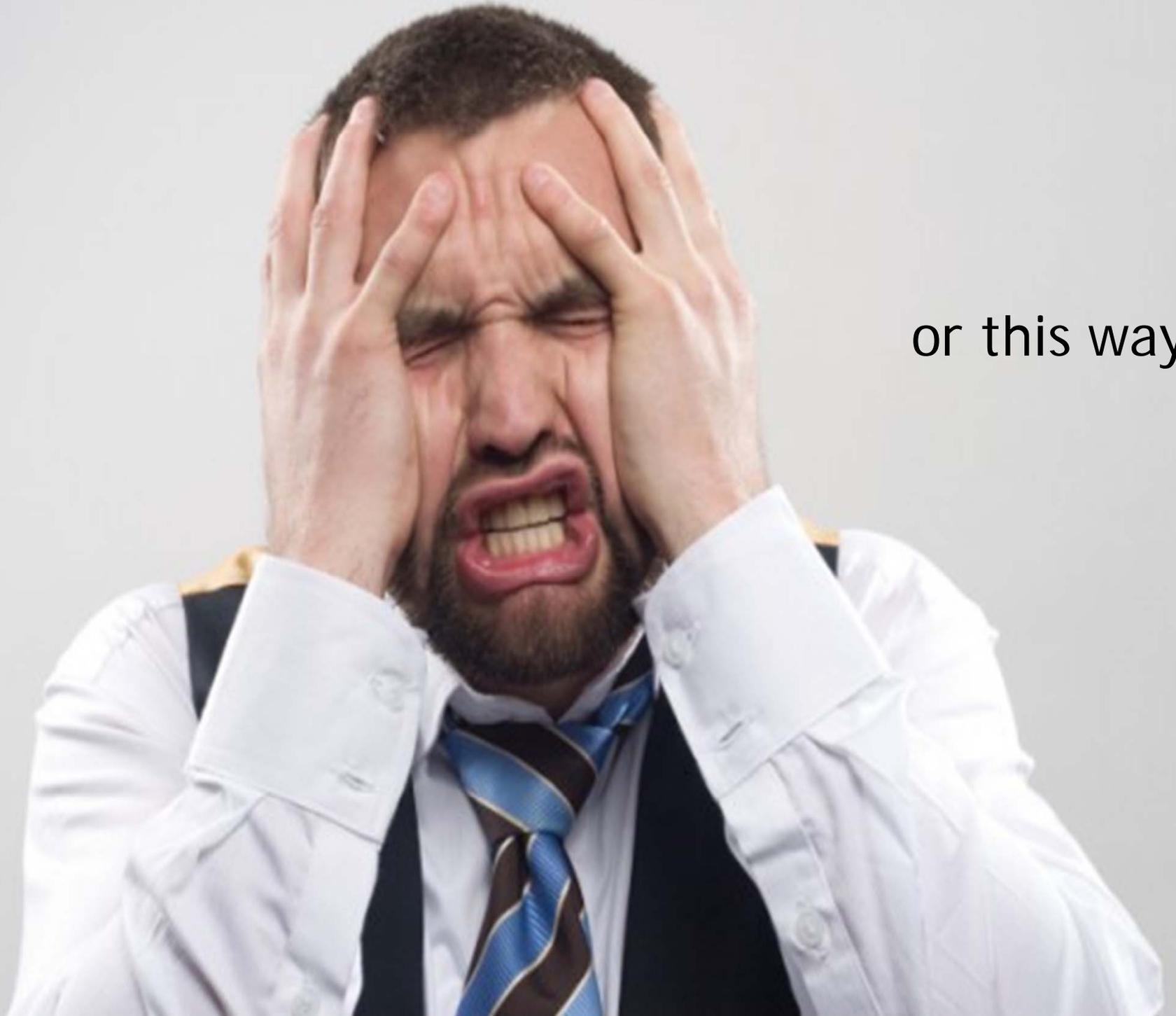
**Dr. Jose Fierro**  
President/Superintendent

February 22, 2019

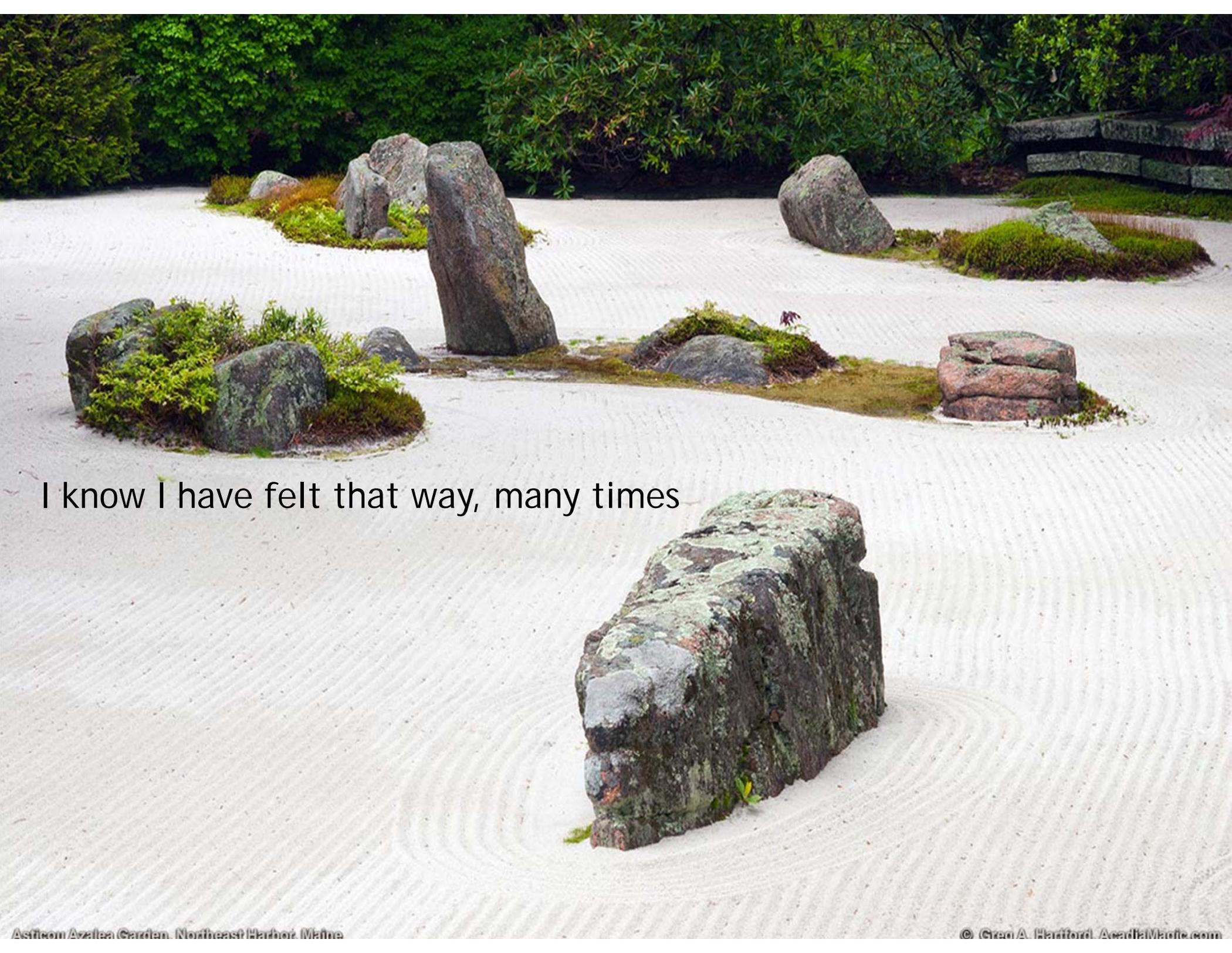


Have you ever felt this way?





or this way?

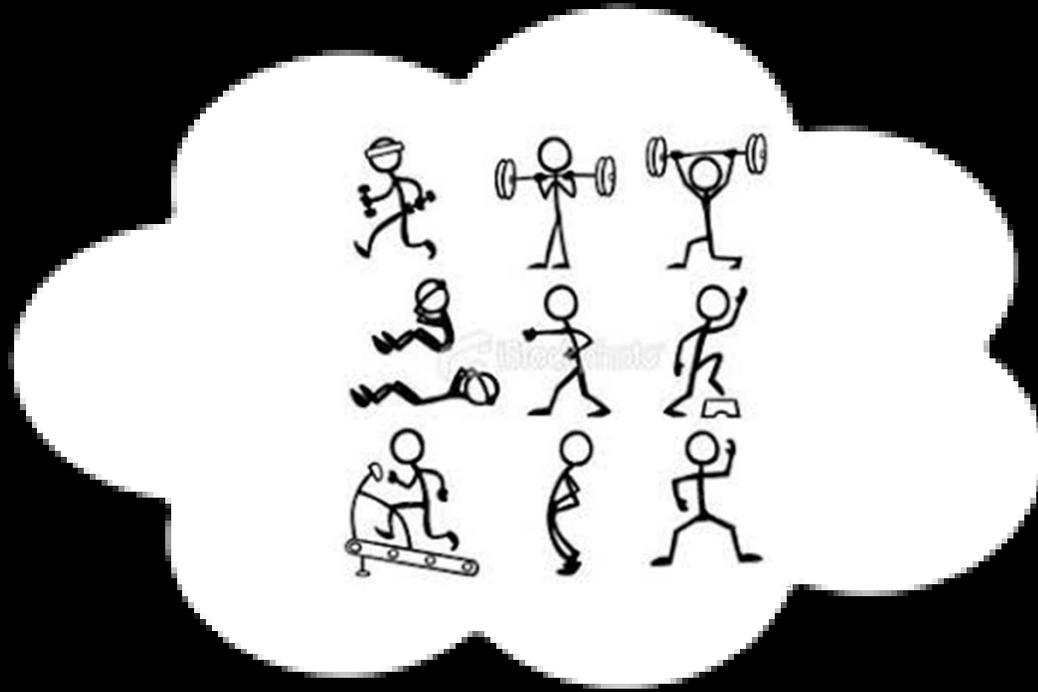


I know I have felt that way, many times



A wooden tag with the word "wellness" written on it in a dark, cursive font. The tag is made of light brown wood and has a hole on the left side with a piece of twine. The background is a soft-focus scene with several smooth, light-colored stones stacked and scattered, and a green leaf in the bottom right corner.

wellness







“Wellness” is not just the absence of disease, it is the active lifelong process of choosing health-promoting behaviors that help you reach your full potential as an individual and as a member of your community”





## President's Spring 2019 Speaker Series: A Falcon's Guide to Wellness

*Aimed to empower you to grow personally and professionally, this series will be led by President Dr. Jose Fierro and Instructional Lab Assistant Vince Vizcarra. Attendance of all five events is highly recommended.*

### WELLNESS - THE FALCON WAY

**Friday, February 22 | 9:30 a.m. – 11:30 a.m.**  
**Fine Arts Complex Rooms 133 and 134**

- Learn the 8 Dimensions of Wellness.
- Learn the importance of a routine and how to develop one
- 21 Day Be Better Challenge. Take action and start a new simple routine/habit.

### NUTRITION AND RECOVERY

**Friday, March 8 | 9:30 a.m. – 11:30 a.m.**  
**Fine Arts Complex Rooms 133 and 134**

- Learn the importance of nutrition and recovery in achieving health and wellness.
- Learn strategies for better sleep.
- Learn the top 10 common nutrition mistakes, and diet deficiencies.
- 21 Day Be Better Challenge. Start a new nutrition or recovery routine/habit.

### FALCON FIT

**Friday, April 26 | 9:30 a.m. – 11:30 a.m.**  
**Fine Arts Complex Rooms 133 and 134**

- Create a SMART fitness goal or one for each dimension of wellness

### STRESS MANAGEMENT

**Guest Speaker: Cerritos College Psychologist  
Dr. Humberto Hernandez**  
**Friday, March 15 | 9:30 a.m. – 11:30 a.m.**  
**Fine Arts Complex Rooms 133 and 134**

- Learn what triggers your stress and healthy coping strategies for stress management.
- 21 Day Be Better Challenge. Start a new stress management routine/habit.

### PERSONAL FINANCE MANAGEMENT

**Guest Speaker: Cerritos College Alumni and  
Cerritos College Foundation Board Member Nazih Yehya**  
**Friday, April 5 | 9:30 a.m. – 11:30 a.m.**  
**Fine Arts Complex Rooms 133 and 134**

- Learn financial strategies to build an investment profile.
- 21 Day Be Better Challenge. Start a new cost cutting or saving routine/habit.

Please RSVP by following this [link](#), it will ask for your Cerritos College log on information. Flex credit is offered to faculty for this training. New employees may not be on the flex reporter system yet, please contact [Monica Acuña](#) if you cannot log in. If disability accommodations (e.g. communications access, alternate formats) are needed to participate fully in this event, please contact Donna Sheibe at [AccommodationsRequest@Cerritos.edu](mailto:AccommodationsRequest@Cerritos.edu) within seven school days in advance of each training.



Emotional



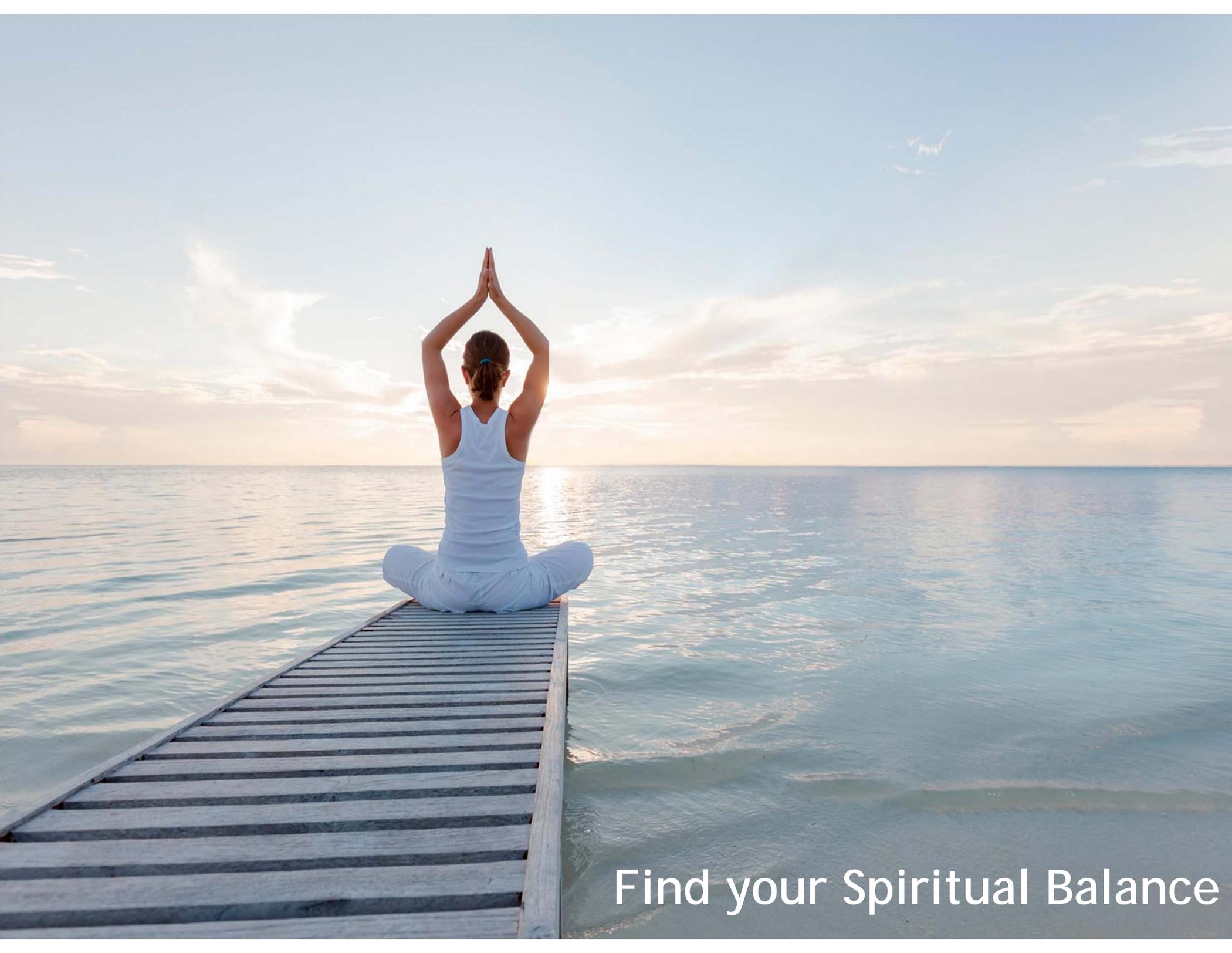
Environment



Social



Eat Well



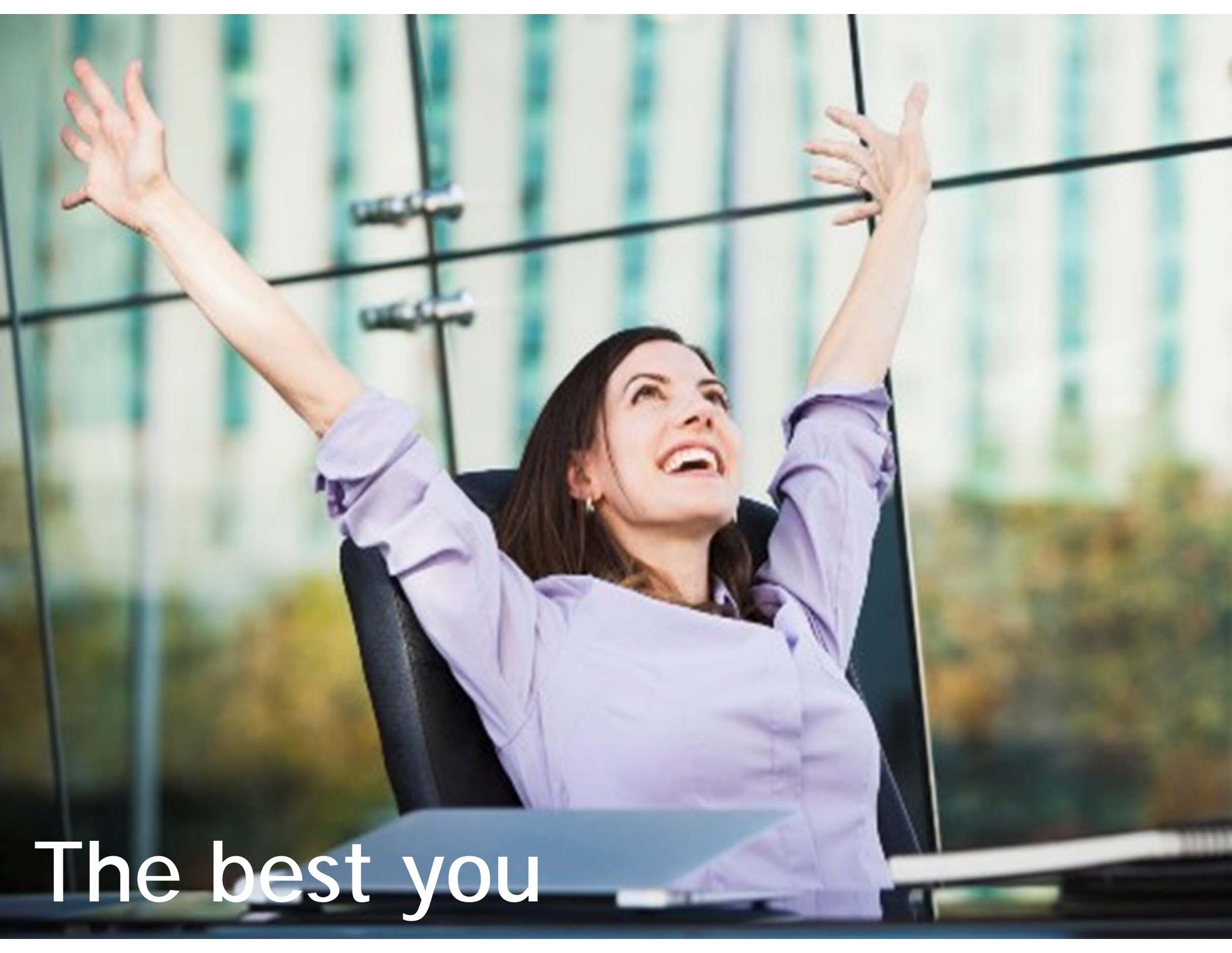
Find your Spiritual Balance



Stay active







The best you



**FALCON** **FIT**

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