



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 within seven school days in advance of each training.