



UTAH RECREATION & PARKS
ASSOCIATION

URPA Health & Wellness Workshop

Friday, October 10, 2014

Holiday Lions Recreation Center

1661 E Murray Holladay Rd, Salt Lake City, UT 84117

8:45 –9:15 AM	Check In
9:15- 9:30 AM	Welcome & Introduction : Obesity the Epidemic/Focus on Lifestyle vs Programs Presented by John Bradley.
9:30-10:00 AM	The Complexities of Obesity: Presented by Kristen O’Brien & Sally Pfeiffer.
10:00-10:10 AM	Break
10:10-10:40 AM	Intuitive Eating-Creating a Healthy Relationship with Food, Mind & Body: Presented by Heidi Summers & Stephanie Jones.
10:40-11:20 AM	Round Table Discussion: Trends in Health & Wellness & Discussion of Role & Responsibility of Parks and Recreation regarding Obesity.
11:20– 11:30 AM	Break
11:30 AM-12:00 PM	Fitness Activity (Wear comfortable clothes and tennis shoes)
12:00-12:30PM	Lunch & Fun Raffle Prizes
1:00-2:00 PM	Optional Clinic: USTA/ Utah Tennis Association 10 & Under Tennis Clinic
	(Tennis Clinic duration subject to change)

Registration Fee: \$10-URPA Member / \$15-Non URPA Member (Includes Lunch & Raffle Ticket)

How to Register:

1. Register online at urpa.org
2. Mail in Registration Form and Mail Check
3. Pay the day of/send in form by mail or email to RSVP/ save your spot



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Registration Form

Registration Fees: \$10-URPA Member / \$15-Non-URPA Member

Name _____ Title _____

Agency _____

Address _____

City _____ State _____ Zip _____

Phone _____ Cell _____

E-Mail _____

Method of Payment: Check (payable to URPA) VISA /MASTER CARD

Payment Total:\$ _____ AMEX Will Pay at Retreat

Card # _____ Expiration Date _____

Security Code _____

Mail, Email or Fax completed enrollment form and payment to:

URPA; 3204 Mt. Lomond Dr.; North Ogden, UT 84414

kimo@urpa.org; FAX: (801) 782-5513 Phone: (801) 782-5512

OR if you don't want to fill out the form then just email the information to Kim

If you are going to pay at the retreat, still send in the form or email me so we have an accurate count