

2020 FACILITIES SERVICEPERSON

LEADERSHIP CONFERENCE CLASSES



Pre-recorded EAP classes:

How to Prevent Burnout

<https://browardschools.instructure.com/courses/880857/pages/cc-2020-how-to-prevent-burnout>



The Kindness Effect

<https://browardschools.instructure.com/courses/880857/pages/cc-2020-the-kindness-effect>



Quick Tips on Healthy Coping Skills

<https://browardschools.instructure.com/courses/880857/pages/cc-2020-quick-tips-on-healthy-coping-skills>



The Scoop on Social Supports

<https://browardschools.instructure.com/courses/880857/pages/cc-2020-the-scoop-on-social-supports>



AM Yoga Stretch and Tone

Beginner class with focus on flexibility and strength. Gentle movements are appropriate for all fitness levels. Great way to start your day! *Duration is 30 minutes.*

Monday, Wednesday & Friday 9:30 a.m. – 10 a.m.

Link to Join: <https://zoom.us/meeting/register/tJMpccmOrDgrHtNRe7Jblx7Sgae1wi7LnXxE>



Mid-day Chair Yoga and Meditation

Take a break from work for 15 minutes. Move a bit, focus your mind and practice breathwork. Appropriate for all levels. *Duration is 15 minutes.*

Monday, Wednesday & Friday 1 p.m. – 1:15 p.m.

Link to Join: <https://zoom.us/meeting/register/tJUudequqzozGNMYV3vv2Aoo-hFdvXmllerJ>



Beginner Yoga and Mindfulness

Beginner yoga and mindfulness requires ability to sit on the floor for a period of time and also to be able to get up and down from the floor. Please have a towel available. Refrain from practicing anything that may be painful. *Duration of class is 30 minutes.*

Tuesday & Thursday 6 p.m. – 6:30 p.m.

Link to Join: <https://zoom.us/meeting/register/tJ0lc-ytrj0pGd3vheowZOIXyITQzBK5vVmG>



Green Cleaning with Essential Oils

Mon 7/20/2020 11:30 a.m. – noon

<https://theschooloflivingartsllc.my.webex.com/theschooloflivingartsllc.my/j.php?MTID=m66c64f90fcdc51876dcff447b71e0c7e>



Stress Management with Essential Oils

Tue 7/21/2020 11:30 a.m. – noon

<https://theschooloflivingartsllc.my.webex.com/theschooloflivingartsllc.my/j.php?MTID=m0caec5712f0b1c57a9a43cfb4ed75338>



Men's Health

Wed 7/22/2020 10 a.m. – 10:40 a.m.

Join Zoom Meeting

<https://us04web.zoom.us/j/6586789842?pwd=S0tHFJ5c1NtVVFicDFHNWtwa3ZYZz09>

Meeting ID: 658 678 9842 • Password: 189948



Gentle Stretch Chair Exercises

Wed 7/22/2020 11:30 a.m. – noon

<https://theschooloflivingartsllc.my.webex.com/theschooloflivingartsllc.my/j.php?MTID=m78be09b433ffba2d00f1802787eece69>



Plant Based Cooking Demo

Thu 7/23/2020 11:30 a.m. – noon

<https://theschooloflivingartsllc.my.webex.com/theschooloflivingartsllc.my/j.php?MTID=m69df610a7580fe52928a25e2733a4efa>



Using Herbs and Essential Oils in Basic First Aid Care

Fri 7/24/2020 11:30 a.m. – noon

<https://theschooloflivingartsllc.my.webex.com/theschooloflivingartsllc.my/j.php?MTID=m57af9c7659e1621dfa59042aca9e14f>



Making Natural Body Care Products

Mon 7/27/2020 11:30 a.m. – noon

<https://theschooloflivingartsllc.my.webex.com/theschooloflivingartsllc.my/j.php?MTID=m2f220addd577ed83d8e4d90061f79a70>



The School Board of Broward County, Florida Donna P. Korn, Chair • Dr. Rosalind Osgood, Vice Chair • Lori Alhadeff • Robin Bartleman • Heather P. Brinkworth • Patricia Good
Laurie Rich Levinson • Ann Murray • Nora Rupert • Robert W. Runcie, Superintendent of Schools

The School Board of Broward County, Florida, prohibits any policy or procedure which results in discrimination on the basis of age, color, disability, gender identity, gender expression, genetic information, marital status, national origin, race, religion, sex or sexual orientation. The School Board also provides equal access to the Boy Scouts and other designated youth groups. Individuals who wish to file a discrimination and/or harassment complaint may call the Director, Equal Educational Opportunities/ADA Compliance Department & District's Equity Coordinator/Title IX Coordinator at 754-321-2150 or Teletype Machine (TTY) 754-321-2158. Individuals with disabilities requesting accommodations under the Americans with Disabilities Act Amendments Act of 2008, (ADAAA) may call Equal Educational Opportunities/ADA Compliance Department at 754-321-2150 or Teletype Machine (TTY) 754-321-2158. browardschools.com