



# *The ILCMA Professional Development Committee Presents Dimensions of Wellness*

The American Psychological Association (APA) in 2013 found that chronic, job-related stress is a serious issue affecting more than one-third of working americans. Sixty-five percent of Americans cited work as their top source of stress in the 2012 Stress in America Survey and only 36% of respondents said their organizations were providing sufficient resources to manage that stress.

**Presenters:**

***AMITA Health – Dimensions of Wellness***

*Living healthy is more than just living with the absence of disease; it focuses on whole-body wellness and ways to achieve a better lifestyle. Wellness is a multi-dimensional concept that involves choice, rest, activity, social support, and nutrition. These dimensions do not work individually; they rely on each other to help build a stronger foundation for better health. It is about being mentally, physically, and socially fit – getting the most from life and fulfilling your potential.*

***Chill Chicago – Mindfulness 101***

*Job-related stress costs U.S. companies an estimated \$300 billion per year and employee turnover can cost from 30-400% of a person’s annual salary depending upon their level. Meditation has been shown to help 63% of employees manage themselves at work and 91% report a positive impact on company culture. Team mindfulness reduces interpersonal conflict. Chill Chicago will provide an introduction to corporate mindfulness and meditation in the workplace and lead a 30 minute meditation practice.*

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| <b>Date:</b>      | Thursday, October 18, 2018   |   |
| <b>Time:</b>      | 8:30 a.m.  | Registration and Continental Breakfast                                |
|                   | 9:00 – 11:30 a.m.  | In-depth panel discussion   |
| <b>Location:</b>  | <b>Harry Caray’s</b><br>70 Yorktown Center<br>Lombard, IL  | Addresses ICMA Practice Area 5 Personal Resiliency and<br>Development |
| <b>Cost:</b>      | \$35 for Professional Development Only<br>\$60 if also attending the Metro Manager Luncheon (\$5 discount)<br>\$50 for Student/Intern if also attending the Metro Manager Luncheon<br>Metro Luncheon Topic: “Unconscious Bias – How do you know what you do not know?”<br>Members in Transition – receive complimentary registration<br>\$15 for remote access through GoToMeeting |   |
| <b>RSVP:</b>      | Online Registration ( <b>no credit card required</b> ): <a href="https://www.ilcma.org/?p=7944">https://www.ilcma.org/?p=7944</a>  |   |
| <b>By Oct. 12</b> | Email registration to Alex Galindo at <a href="mailto:agalindo@niu.edu">agalindo@niu.edu</a><br>Phone in Registration 815-753-5424   |   |

*Cancellations must be made by October 12, 2018. Any cancellations after that date will require full payment. Payment not received by event date will be invoiced with a \$5 invoicing fee.*