



# *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.*

<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> 70 Yorktown Center Lombard, IL	Addresses ICMA Practice Area 5 Personal Resiliency and Development
<b>Cost:</b>	\$35 for Professional Development Only \$60 if also attending the Metro Manager Luncheon (\$5 discount) \$50 for Student/Intern if also attending the Metro Manager Luncheon Metro Luncheon Topic: "Unconscious Bias – How do you know what you do not know?" Members in Transition – receive complimentary registration \$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> 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.*