



# 2010 WORKSHOP SERIES

## February:

### “Professional Wellness: Injury Prevention on the Job”

Saturday, February 27, 2010 ■ 9:00a-4:00p

Deaf and Hard of Hearing Services  
4328 Kalamazoo Ave SE  
Grand Rapids MI 49508

This workshop will introduce participants to the *Feldenkrais Method*®, *Awareness Through Movement Lessons*®, and Cumulative Trauma Disorder. Repetitive motion injuries are common in the interpreting profession. Physical Therapist, Kristin Dart and Sorenson VRS Call Center Manager, Leia Sparks, will inform us of the effects of repetitive motion injuries over the span of an interpreting career and equip us with new ways to reduce strain, improve performance, and use our bodies more effectively while interpreting. Get ready to move and learn.

\*Participants should wear loose fitting clothing, socks and bring a mat or blanket for the floor, and 2 towels for support.

**Register as soon as possible, class size is limited to 25 people!**

**Due to limited class size, walk-ins will not be allowed at this workshop.**

Pre-registration postmarked by February 19 - \$40.00 (includes lunch)  
RID/NAD CEU processing fee - \$5.00

Sign-in and continental  
Breakfast 8:30 am



MI DELEG-DODHH is an Approved RID CMP Sponsor for Continuing Education Activities. This professional studies (PS) program is offered for 0.6 CEUs at the “some” instructional level. MI-BEI interpreters will receive 6 PS BEI units. Certificates of attendance will be awarded at the end of the workshop. No partial CEUs or BEI units will be given.

**We are happy to accommodate you. Requests for accommodation must be received by February 12, 2010.**

#### February 27, 2010 “Injury Prevention on the Job” 9am-4pm

Pre-Registration postmarked by February 19 - \$40.00

**Checks/money orders payable to:**

Deaf and Hard of Hearing Services (please spell out)  
c/o Deb Atwood, PO Box 8812, Kentwood, MI 49508-8812  
MasterCard and Visa users may call Deb at: 616-732-7358

Name \_\_\_\_\_ RID # \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
Special accommodations needed \_\_\_\_\_

Pre-registration:	\$40.00	\$ _____
RID/NAD CEUs:	\$5.00	\$ _____
<b>Total:</b>		<b>\$ _____</b>

Cancellation Policy: 50% refund if canceled by February 19. After February 19, no refund will be given.

• There will be a \$20.00 processing fee for returned checks. •