

**REGISTRATION FORM - "Let's Undress Stress"**

**November 18, 2015 • 9:00 am - 12:30 pm**  
Piketon Comfort Inn, 7525 US Route 23, Piketon, Ohio 45661  
Trainer: Marcella Balin, RN, BSN

**\$50 Fee Per Person - Checks Payable to Area Agency on Aging District 7, Inc.**

Agency/Facility Name \_\_\_\_\_

Name(s) of Participant(s) \_\_\_\_\_

Phone Number \_\_\_\_\_ E-Mail \_\_\_\_\_

Total Number Attending \_\_\_\_\_ Total Amount Enclosed \_\_\_\_\_

Please return completed registration form to:

Area Agency on Aging District 7, Inc. • Attn: Debbie Crawford • F32-URG PO Box 500 • Rio Grande, Ohio 45674-0500  
Questions? Call Debbie Crawford at 1-800-582-7277 • Fax - (740) 245-0029 • E-Mail - [dcrawford@aaa7.org](mailto:dcrawford@aaa7.org)



Area Agency on Aging District 7, Inc.  
F32-URG PO Box 500  
Rio Grande, Ohio 45674-0500

**REGISTRATION DEADLINE:**

November 12, 2015

**NO REFUNDS After Registration Deadline**

Social Worker  BELTSS  
 RN  Other

# Let's Undress Stress



**November 18, 2015**

Piketon Comfort Inn  
7525 US Route 23  
Piketon, OH 45661

\$50 Charge Per Attendee  
CEUs Available



## “Let’s Undress Stress”

*Stress is something that is common in all aspects of our lives. This training will assist participants in understanding all of the different dynamics associated with stress and how our attitudes and perceptions can impact our reactions and responses to life events. Attendees will learn coping methods and resources to manage stress in a productive manner.*

## The Presenter

### Marcella Balin, RN, BSN

*Marcella Balin is a well-known and highly regarded educator and presenter. She began her nursing career in Brooklyn, New York, and spent a decade moving into the field of education. She has parlayed years of widely varied teaching experience into a career of independent teaching and presenting. She is an independent nurse entrepreneur and lecturer with 30 years of experience. She earned her Bachelor of Science in Nursing from Wright State University and brings years of ongoing professional development to her workshops. Marcella is noted for her dynamic and humorous presentation style.*

# Let’s Undress Stress

## AGENDA

8:30 am - 9:00 am

REGISTRATION

9:00 am - 10:00 am

Stress Defined - It’s Various Symptoms and Chronic Manifestations/Common Sources of Stressors/General Adaptation Syndrome - Distress vs. Eustress

10:00 am - 10:45 am

The Role of Attitudes and Perceptions in the Development and Management of Stress - Chain of Reactions in the Stress Response

10:45 am - 11:00 am

BREAK

11:00 am - 12:15 pm

Perceptions of Interventions - Development of Inner Resources and Application Methods to Strengthen Our Ability to Manage Stress More Healthfully and Productively

12:15 pm - 12:30 pm

Q&A, Summation and Evaluations



## Course Objectives

*After the course, participants will:*

- Identify major concepts, manifestations and definitions of the stress-response phenomenon.
- Relate the importance of attitudes and perceptions to the development and management of stress.
- Identify positive coping mechanisms and stress management techniques that can be used to deal with and alleviate stress.

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*Approved by the Ohio Social Work Board for three (3) hours of CEUs for social workers, counselors, and marriage and family therapists - #RCS011402. The Ohio Board of Nursing accepts social work hours for RN CEUs.*

*Approved for three (3) CEUs with the Board of Executives of Long-Term Services and Supports (BELTSS - formerly BENHA) - #199-C-15.*

*Approved by the Ohio Department of Developmental Disabilities for three (3) hours of CEUs - #1501198-1.*

*The Area Agency on Aging District 7, Inc., does not discriminate on the basis of race, color, sex, religion, national origin or disability. If you need special accommodations due to a disability, please indicate so on the registration form.*