

DESIGN A LIFE: Promoting Wellness Through Creative Expression

APRIL 23, 2010

CLEVELAND STATE UNIVERSITY, CLEVELAND, OHIO

Featuring Keynote Speaker, Dr. Michael Roizen: *RealAge and You*.

Hear from leading experts on creativity and health, experience creativity through hands-on workshops with artists, craftspeople, musicians, and writers.

Consider how to incorporate creative activities into your daily life, and in promoting health and wellness in the workplace.

Supported by: Cleveland State University: College of Science and the Division of Continuing Education, The Cleveland Clinic, Cuyahoga Community College, Judson at University Circle, Benjamin Rose Institute, and Western Reserve Geriatric Education Center.

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University
College of Science

 Cleveland Clinic

Cleveland State
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2121 Euclid Ave. SR 353
Cleveland, Ohio 44115-2214



Judson
at University Circle
The Park - The Manor

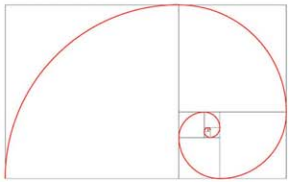
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DESIGN A LIFE: Promoting Wellness Through Creative Expression
 April 23, 2010, Cleveland State University, Cleveland, Ohio



This one day conference is designed to provide an opportunity to engage in and reflect on creative activities. It is a wonderful opportunity for health care professionals, students, and anyone with an interest in creativity to enjoy opportunities to work with artists, craftspeople, musicians, and writers, and to reflect on ways to incorporate creative activities into your life and the lives of your patients to promote health and wellness.

Workshops are designed to provide a hands-on experience of creativity. Panels of care providers and creative artists consider how to employ creative activities in providing care to promote wellness and remediate dysfunction and illness. Please visit the Design a Life website at <http://www.csuohio.edu/sciences/workshop/designalife/index.html> for workshop descriptions. Please tell a friend about this conference.

Continuing Education Information

Applications for continuing education credit have been made for various disciplines.

Course Title: Design a Life: Promoting Wellness Through Creative Expression.
Course Number: HCHS 540502 2000
Dates: April 23, 2010

Contact Hours*: 6.5 contact hours will be awarded to RNs, Psychologists, Social Workers, Occupational Therapists, and Nursing Home Administrators (BENHA Preferred Provider # CSU 39-P-10)

CEUs: 0.6

*Cleveland State University(OH-012/4-1-12) is approved as a provider of continuing education by the Ohio Nurse's Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91). Cleveland State University has achieved Approved Provider status through the State of Ohio Counselor, Social Worker, and Marriage and

Family Therapist Board. Our Approved Provider number is RCS090601.

Cleveland State University Division of Continuing Education is approved as a provider of continuing education for psychologists by the Ohio Psychological Association Office of Mandatory Continuing Education (OPA-MCE #340966056).

You must attend at least 80% of the program, participate in discussion/activities and complete an evaluation form to receive contact hours.

TO REGISTER FOR THIS COURSE OR FOR MORE INFORMATION, CALL 216-687-2144 OR GO TO [HTTP://WWW.CSUOHIO.EDU/SCIENCES/WORKSHOP/DESIGNALIFE/INDEX.HTML](http://www.csuohio.edu/sciences/workshop/designalife/index.html)

CONFERENCE SCHEDULE

FRI. APRIL 23, 2010

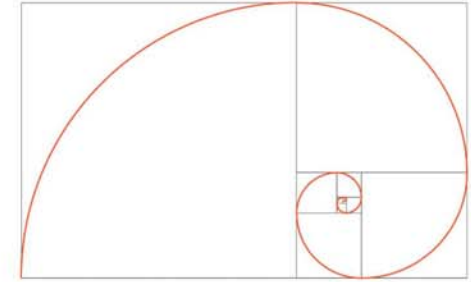
7:45-8:15	Registration-Continental Breakfast
8:15-8:30	Welcome - Bette Bonder, Dean of the College of Science Introduction of Keynote Speaker
8:30-10:00	Keynote Speaker: Dr. Michael Roizen - "RealAge and You: The Cleveland Clinic Experience on Controlling your Genes and What it Means for You" Dr. Roizen is Chairman of the Wellness Institute and Chief Wellness Officer at the Cleveland Clinic. He is one of the cofounders of the Web site RealAge.com, and author of <i>RealAge: Are You as Young as You Can Be?</i> , a #1 New York Times bestseller. He coauthored, <i>YOU: The Owner's Manual</i> , with Dr. Mehmet Oz.
10:00-10:15	Break
10:15-12:15	Morning Creativity Workshop Choose from 9 to engage in creative endeavors, from painting to photography to music. (Listed on pages 4-5, choose 1)
12:15-1:30	Lunch/Entertainment 12:30- Swinging Seniors from Eliza Bryant Village 12:45- Senior STOMP , African Line Dancing, Senior Outreach Services
1:30-3:00	Community Panel Discussion - <i>"Interdisciplinary Creativity in the Workplace."</i> Moderator-Paul D. Lynn, Ph.D. Habilitation Supervisor, Cuyahoga County Board of Developmental Disabilities.
3:00-3:15	Break
3:15-4:45	Afternoon Creativity Workshop Choose another creative activity to participate in. (Listed on pages 4-5, choose 1)
4:45-5:00	Closing Remarks/Reflection

Design A Life Conference Learning Outcomes:

- 1) Describe the importance of creativity in later life;
- 2) Discuss examples of creative activities and participation patterns of older adults;
- 3) Consider the application of these activities in their own lives and in their clinical practice.

Workshop Sessions

Choose one for morning, one for afternoon

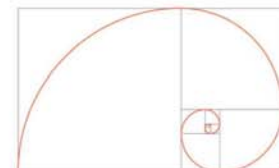


AM	A Doodling a Wordless Expression <i>Linda Hutchinson</i> Cuyahoga Valley Art Center (Session limited to 25.)	B Tuning into the Rhythm of Your Life <i>Cindy Hill</i> Rhythm Culture	C Eco-Textiles <i>Beth Whalley</i> Cleveland Institute of Art (Session Limited to 20.)	D Mask Making <i>Mary Sender</i> Cuyahoga Community College	E Wearable Silk Creations <i>Linda Goik</i> Local Girl Gallery (Session Limited to 8.)	F Travel Through the Art of Photo-coloring <i>Carolina Martin</i> Art on Wheels, Inc.	G Printmaking/Journaling <i>Amy Craft</i> Art House	H Basic Healing Stone Jewelry <i>Denise Newman</i> Cleveland Institute of Art (Session limited to 15.)	I Table-Top Topiary <i>Karen Kennedy</i> Holden Arboretum (Session limited to 15.)
PM	J Swing Dancing <i>Andy Lammers</i> Cleveland State University (Session limited to 12.)	K Tuning into the Rhythm of Your Life <i>Cindy Hill</i> Rhythm Culture	L Eco-Textiles <i>Beth Whalley</i> Cleveland Institute of Art (Session Limited to 20.)	M Wellness Through the Body and Mind <i>Kyle Curley</i> Cleveland State University (Session limited to 10.)	N Wearable Silk Creations <i>Linda Goik</i> Local Girl Gallery (Session Limited to 8.)	O Travel Through the Art of Photo-coloring <i>Carolina Martin</i> Art on Wheels, Inc.	P Wondrous Wire Windings <i>Catherine Butler</i> Laurel School	Q Basic Healing Stone Jewelry <i>Denise Newman</i> Cleveland Institute of Art (Session limited to 15.)	R Table-Top Topiary <i>Karen Kennedy</i> Holden Arboretum (Session limited to 15.)

Workshop Learning Objectives:

Participants will select two hands-on workshops, one in the AM session and one in the PM session. All workshops have the following objectives:

- 1) Experience the creative process;
- 2) Reflect on the meanings of creativity;
- 3) Consider the ways in which creativity may contribute to health;
- 4) Discuss the use of the specific activities in promoting health and preventing and remediating illness.



LOCATION

Joseph E. Cole Center for Continuing Education
3100 Chester Avenue, Cleveland

The Cole Center is near the beautiful Cleveland State University campus. Ample parking is available adjacent to the building. All space is accessible for individuals with disabilities.

CONFERENCE FEES AND REGISTRATION OPTIONS

Register at ONE of the following levels:

- \$120 Professionals (includes continuing education hours/CEUs, breakfast and lunch, parking and all supplies)
- \$30 Students/Community Residents (includes breakfast and lunch, parking and supplies, CEUs not included)
- \$25 Morning keynote only (No CEUs)

Professionals and Students/Community Residents should select one AM workshop and one PM workshop. Please fill in workshop letter(s) on registration form. Financial assistance may be available. Please call (216) 687-5580 for information.

Registration Deadline:
Friday, April 16, 2010

Register **early** for the best chance to be assigned to your preferred workshops.

Confirmation:

We will send you a confirmation notice if we receive your paid registration by the conference registration deadline of April 16. If you have questions call: (216) 687-2144



WAYS TO REGISTER:

Phone:

Call (216) 687-2144 between 8 am and 5 pm weekdays. We accept VISA, MasterCard, and Discover.

Fax:

Complete registration form and fax it to (216) 687-9399. Include credit card information, purchase order, or Authorization for Third Party Billing.

Mail:

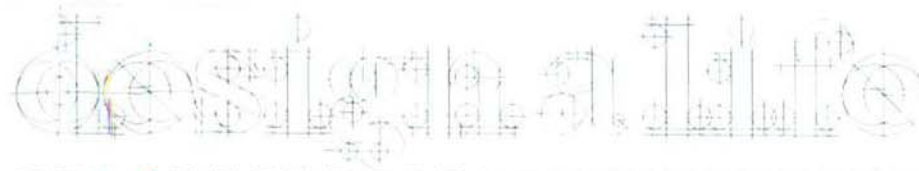
Complete and mail registration form with payment to:
Cleveland State University
Division of Continuing Education
2121 Euclid Avenue, CE 103
Cleveland, OH 44115-2214

In Person:

Stop by the Division Office between 8 am and 5 pm, Monday-Friday; located in the Cole Center for Continuing Education, 3100 Chester Avenue, Cleveland, OH.

REFUND POLICY:

You must notify Continuing Education at (216) 687-2144 by 5 pm on Monday, April 19 to cancel your registration and receive a refund of fees paid.



DESIGN A LIFE: Wellness Through Creativity

April 23, 2010, Cleveland State University, Cleveland, Ohio

Name: _____

Street Address: _____

City, State, Zip: _____

Date of Birth or Social Security: _____

Phone: _____

e-mail: _____

Select ONE Registration Option:

- \$120 Professional (includes CEUs)
- \$30 Student/Community Resident
- \$25 Morning Keynote Only

Workshop Session Selection:

Please indicate your workshop preferences, in ranked order, for both AM and PM sessions:

AM 1st Choice ___ 2nd ___ 3rd ___ PM 1st Choice ___ 2nd ___ 3rd ___

*If no workshops are selected or your preferred sessions are full, you will be assigned to available workshops

Payment Method:

- Check (payable to Cleveland State University)
- Credit Card
Card No _____

Expiration Date _____

3-Digit Security Code _____

Signature _____

- Purchase Order (Include P.O. or Authorization for Third Party Billing)
- CSU Staff Development (Include form)

Return to:

Cleveland State University
Continuing Education
2121 Euclid Ave., CE 103
Cleveland, OH 44115
Fax (216) 687-9399

Professional Contact Hours/CEUs Needed:

- Psychology
- Social Work
- Nursing
- Occupational Therapy
- Nursing Home Administration

Accessibility Requests:

If you need special assistance, call us at (216) 687-2144 by the conference registration deadline for information about class accessibility. We'll be glad to help.

Special Diet:

If you require special dietary considerations please call: (216) 523-7297 by the registration deadline.

Would you be willing to participate in a reception at 5:00PM?

YES ___ NO ___

Registration Deadline:
Friday, April 16, 2010