

2019 SPRING SEMINAR AGENDA

April 6, 2019

Jefferson County Courthouse
100 Jefferson County Pkwy, Golden, CO 80401
(.35 CEUs Applied for)

Past Presidents Breakfast (by invitation)

8:30 to 8:45 – Relaxation Technique (**Optional**)

9:00 -- CRCR Exam Check-in (Doors close at 9:20. Test begins at 9:30)

10:00 to 10:20 – Seminar Registration / Check out silent auction items

10:20 to 10:30 – Welcome/Announcements

10:30 to 11:30 – WORK SHOULDN'T HURT! Part I - by Julie Donnelly, B.S., L.M.T. (.10 CEUs)

During the first hour we'll cover self-treating for carpal tunnel symptoms, trigger finger, and elbow pain.

11:30 to 1:00 – Lunch and Annual Business Meeting/Installation of 2019-2020 CCRA Board

1:00 to 2:00 – WORK SHOULDN'T HURT! Part II - by Julie Donnelly, B.S., L.M.T. (.10 CEUs)

The second hour will cover self-treatments for neck and shoulder painful conditions such as rotator cuff injury, pain down the center of the upper back, and limited range-of-motion while turning your head. We'll also be doing some of the low back and hip self-treatments.

BREAK 2:00 to 2:15 (last chance to bid on silent auction items)

2:15 to 3:15 – WORK SHOULDN'T HURT! Part III – by Julie Donnelly, B.S., L.M.T. (.10 CEUs)

The third hour covers the muscles that cause low back pain brought on by sitting for hours at a time. These same muscles cause sciatica and knee pain. The self-treatments are easy and quick and will be covered during this hour.

BREAK 3:15 to 3:30 (award silent auction items)

3:30 to 4:00 – Relaxation Technique – by Julie Donnelly, B.S., L.M.T. (.5 CEUs)

The relaxation technique Julie will be teaching is extremely helpful when a person is under pressure and stress. Each court reporter/captioner will gain from this simple relaxation technique because of the stressful nature of our occupation. Each attendee will learn how to visualize a "wave" of relaxation that goes from head to foot in just a few moments, enabling them to have a short mini-break during the day.

(Board Meeting immediately following close of seminar)