

**GEORGE WILLIAMS COLLEGE OF AURORA UNIVERSITY
PRESENTS**

ACHIEVING FITNESS: AN ADVENTURE APPROACH WORKSHOP

PHYSICAL EDUCATORS ♦ AFTER-SCHOOL PROGRAMMERS ♦ FITNESS PROFESSIONALS ♦ RECREATION LEADERS



GEORGE WILLIAMS COLLEGE
AURORA UNIVERSITY

INSTRUCTOR

JANE PANICUCCI



M.Ed., Harvard University, is currently Chief Operating Officer for Project Adventure. Jane's Adventure background includes:

- 11 years as a course director at Outward Bound.
- Public school physical educator, and designer of an adventure curriculum that is still going strong
- Lead author of PA's Adventure Curricula for Physical Education.
- Consultant working with teachers and administrators to generate positive change in their schools and to create high-performing teams for both profit and non-profit organizations.

ACHIEVING FITNESS

A workshop designed for professionals looking for new methods to inspire, encourage, and facilitate a healthy lifestyle. Whether adventure education is a new technique or you have experience in this dynamic field, this workshop will help you use adventure-based activities to achieve health & fitness.

CEU's are also available upon request.

PROGRAM OUTCOMES

- Participate in adventure activities which specifically address fitness goals
- Receive Introduction to *Achieving Fitness* and learn "why it works"
- Discuss strategies for implementing into an existing program

**GENERAL
INFORMATION**

DATE & TIME

March 14, 2008
9:00AM—4:00PM

COST

\$130 on or before March 1
\$145 after March 1

COST INCLUDES

Instruction, lunch, book
.6 CEU's additional \$12

WORKSHOP LOCATION

George Williams College of
Aurora University
350 Constance Blvd.
Williams Bay, WI 53191

LIMITED ENROLLMENT

College credit available

GEORGE WILLIAMS COLLEGE OF AURORA UNIVERSITY -

Offers a variety of undergraduate and graduate programs. Visit our website at www.aurora.edu/gwc.

REGISTRATION FORM (PA)

Name _____

Address _____

City _____

State _____ Zip _____

Email _____

Phone _____

Fees Workshop \$130/145 _____

(optional) .6 CEU \$12 _____

Total Enclosed _____

Check payable to: Aurora University

or

Charge ☐ Visa ☐ MasterCard

Account# _____

Name on Card _____

Exp Date _____

Signature _____

Registration can be done by
phone, fax or mail.

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