

# Living Well in Glastonbury® Eat, Move and Think your way to a Healthy Lifestyle!

## Seminar Speaker Call for Proposal – Summer Session

The Glastonbury Chamber of Commerce is accepting program proposals for its *Living Well in Glastonbury* wellness program running June 15 through July 25, 2008. The three main areas of focus for the wellness program are: Moving Well; Eating Well; and Thinking Well. We are seeking speakers who can present 45-minute workshops during the lunchtime hour and after work hours. Topics should be pertinent to the main initiatives of the wellness program and should provide evidence-based approaches to creating lasting health behavior change. Presentations should be broad in scope and not promote any specific product or service; topics may apply to the session season (i.e. Bicycling 101 for spring/summer sessions). In the event of the need to reschedule the seminar due to weather or other unforeseeable developments the presenter agrees to make every effort to do so in conjunction with the Chamber.

Presenters are not paid for their time however your contact information will be listed in the *Living Well in Glastonbury*® event promotional materials and you may have your company information available to participants after your workshop. Glastonbury Chamber members will be given first priority. Seminars are tentatively scheduled to be held at the Glastonbury Riverfront Community Center at 300 Welles Street from 12:30 – 1:30 pm throughout the six weeks and presenters may be requested to repeat workshops.

Presenters are asked to submit at least 4 multiple choice questions with their proposal to be used at the conclusion of the presentation and in the event a team tiebreaker is needed.

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## Focus Areas

### Moving Well

During the *Living in Well in Glastonbury* wellness program, participants will earn points for daily physical activity. There will be two workshops presented during the six-week period on How We Move. Presentations should be geared to a beginner's level of exercise and may cover topics such as follows and may be a demonstration or interactive program:

- How to safely start an exercise program
- Family fitness
- Strength Training
- Cardiovascular Exercise
- How to include exercise into your busy schedule
- Non-traditional exercise

### Eating Well

During the *Living Well in Glastonbury* wellness program, participants will earn points for adhering to an established course of healthy eating habits. There will be two workshops presented during the six-week period on How We Eat. Presentations should be geared toward promoting health behavior change and may include topics such as:

- Nutrition 101
- Heart Healthy Eating
- Smart Grocery Shopping
- Eating on the Run
- Making Healthier Choices

### Thinking Well

During the *Living Well in Glastonbury* wellness program, participants will earn points for attending health education workshops. The How We Think component includes the above two focus areas along with educating

participants on making better choices in all areas of their life. There will be two workshops presented during the six-week period on How We Think. Presentations should be geared toward such topics as:

- Change your Thoughts, Change your Life
- Preparing for your Financial Future
- Meditation, Relaxation and Breathing
- Medical Self-Care

### Proposal Submission Form

Please complete and include this form with each presentation topic submitted. **Completed forms should be submitted no later than May 1** to Mary Ellen Dombrowski, Glastonbury Chamber of Commerce, 2400 Main Street, Suite 2, Glastonbury, CT 06033 or via email to [Maryellen@glastonburychamber.com](mailto:Maryellen@glastonburychamber.com).

#### Presenter Contact Information

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Presenter Name

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Company

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Company Mailing Address

Chamber Member?  Yes  No

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City, State, Zip Code

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Phone

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Email

#### Presentation Information

This topic best fits the focus area:  Moving Well  Eating Well  Thinking Well

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Title of Presentation

#### Presentation Objective:

By attending this presentation, participants will...

Please provide a brief description of your presentation (attach additional sheet if needed).

Program Level:  Beginner  Intermediate  Advanced  General

**Multiple Choice Questions**

- 1.
- 2.
- 3.
- 4.

**Presenter Information**

Please provide a brief description of your qualifications to present this topic including your education, training experience and past presentation experience.

I understand that my submission of this proposal does not guarantee a speaking engagement. I agree that if I am selected as a presenter, I will not promote any specific product or service during my workshop. I understand that after the workshop, I can make available to participants my contact information and materials directly related to my business. I agree to arrive at the workshop location 15-minutes prior to my scheduled workshop time.

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Signature

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Date