

# OCAEOP Workshop

## “Summer By The Sea”

### Friday

### July 12, 2019



Location:	Swansboro High School
Registration:	8:00 – 8:45 AM
Workshops:	9:00 AM – 4:15 PM

6 Hrs Sponsored PSP Points

Breakfast

Hot Lunch

50/50 Drawing

Door Prizes

Vendors

### Workshop Topics

**TEAMSwork Makes the Dream Work** – Erin Holland – OCS Facilitator

**Safety Through Education** – Dolly Ramires – Ramires ATA Black Belt Academy

**Don't Mess With Stress** – Gail Gatewood

**Living Life the Honey Hush Way** – Michael Mozingo

**Craft Hour with Paint it Pretty** – Sarah Giordano

**Get Fit Don't Quit!** – Lori Zeswitz – Mandala Yoga Center



## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

EOP Unit: \_\_\_\_\_ District: \_\_\_\_\_

Please make checks payable to OCAEOP for \$30.00

**Registration Deadline: June 30, 2019**

For more information: Lynn Sanbeg [lynn.sanbeg@onslow.k12.nc.us](mailto:lynn.sanbeg@onslow.k12.nc.us) (910) 326-4300

Send registration and payment to: Lynn Sanbeg, Swansboro High School, 161 Queens Creek Road  
Swansboro, NC 28584

**SORRY NO REFUNDS**