

Time	Session Title	Room	Description of 10:00 Sessions	Presenter
10:00-10:45	What it's Really Going to Cost You	A113	Traffic laws, DWI laws, and cost of citations.	Staples Police Department
10:00-10:45	Car Maintenance	E104	Come and learn the basics of car maintenance. Learn how to change oil, change a tire and other "little" things that can come up with vehicles.	Jeff Klehr & Paul Zimmerman, CLC
10:00-10:45	Financial Literacy	A111	Credit scores, loans, check books, banking oh my. What do all these mean? Come hear from a local banking lender how to be financially smart.	Kylie Fix, First International Bank and Trust
10:00-10:45	Building a Wildlife Paradise	A112	If you like deer hunting, this is your session! We'll talk about how to build a safe deer stand and planting food plots to attract the deer.	John Maleski & Gordy Vierkant, CLC
10:00-10:45	Intro to Yoga	C168	This class will introduce you to a simple yet dynamic series of stretches that are unique to the yoga practice, poses that are designed to help improve posture and breathing and develop body awareness and in the process clear thinking and concentration. The overall integration of body, heart and mind is the goal of the yoga practice. I have taught yoga for close to 25 years and have developed a slow paced, noncompetitive, mindful, therapeutic approach to yoga. All ages and body types are welcome!	Rob Rassmussen
10:00-10:45	Meaningful Relationships	B214	Learn the importance of having mentors and coaches who support you through college and beyond.	Abby Welle, CLC
10:00-10:45	Walk on the CLC side!	Weight Room	Come and learn some benefits of walking and some of the trails near and inside CLC. We'll take a walk to Legacy Gardens and the Vineyard. Wear comfortable shoes!	Diane Breitling, CLC
10:00-10:45	Success/Respect in the Workplace	B205	Learn about working with people outside your comfort level; teamwork; and how to be successful.	Toy Ross-Sullivan, CLC & Cash Robinson, CLC

Time	Session Title	Room	Description of 11:00 Sessions	Presenter
11:00-11:45	What it's Really Going to Cost You	A113	Traffic laws, DWI laws, and cost of citations.	Staples Police Department
11:00-11:45	Car Maintenance	E104	Come and learn the basics of car maintenance. Learn how to change oil, change a tire and other "little" things that can come up with vehicles.	Jeff Klehr & Paul Zimmerman, CLC
11:00-11:45	Financial Literacy	A111	Credit scores, loans, check books, banking oh my. What do all these mean? Come hear from a local banking lender how to be financially smart.	Kylie Fix, First International Bank and Trust
11:00-11:45	Building a Wildlife Paradise	A112	If you like deer hunting, this is your session! We'll talk about how to build a safe deer stand and planting food plots to attract the deer.	John Maleski and Gordy Vierkant, CLC
11:00-11:45	Intro to Yoga	C168	This class will introduce you to a simple yet dynamic series of stretches that are unique to the yoga practice, poses that are designed to help improve posture and breathing and develop body awareness and in the process clear thinking and concentration. The overall integration of body, heart and mind is the goal of the yoga practice. I have taught yoga for close to 25 years and have developed a slow paced, noncompetitive, mindful, therapeutic approach to yoga. All ages and body types are welcome!	Rob Rassmussen
11:00-11:45	Meaningful Relationships	B214	Learn the importance of having mentors and coaches who support you through college and beyond.	Abby Welle, CLC

11:00-11:45	A walk on the CLC side!	Weight Room	Come and learn some benefits of walking and some of the trails near and inside CLC. We'll take a walk to Legacy Gardens and the Vineyard. Wear comfortable shoes.	Diane Breitling, CLC
11:00-11:45	Success/Respect in the Workplace	B205	Learn about working with people outside your comfort level; teamwork; and how to be successful.	Toy Ross-Sullivan, CLC & Cash Robinson, CLC

