

**SURVIVAL OF THE FITEST  
MAY 3, 2007  
RED LION, SALT LAKE CITY**

**8:30 – 9:00 Registration**

**Welcome: 9:00 – 9:30**

**Workshops:  
9:45 – 10:45**

A-1	A-2	A-3	A-4	A-5	A-6
Crystal Meth & Prescription Drug Abuse Sgt. Hamblin Agent Lythgoe	Cubicle Yoga Brett McIff Healthy Utah	First Aid/CPR Lani Busk DCFS Richfield	Ready Your Business Renee Murphy Homeland Security	Rep Payee Required class for all Rep Payee workers and ASM's Randy Sargent	Contracts Required class for all Contract Monitors Paul Anderson

**Break 10:45 – 11:00**

**11:00 – 12:00**

	B-2	B-3	B-4		
Crystal Meth & Prescription Drug Abuse, <b>continued</b> This class will not get a break and will let out at 11:30	What's New that may Impact you as a State Employee Rosanne Ricks Director, DHRM/DHS	Energy In, Energy Out Sarah Tronrud Healthy Utah	Ready Your Business by <b>Homeland Security, repeat</b> Renee Murphy Homeland Security	Rep Payee, <b>continued</b>	Contracts, <b>continued</b>

**Lunch 12:00 – 1:00**

**1:15 – 2:15**

C-1	C-2	C-3	C-4	C-5	C-6
Understanding Your Retirement Cory Wood Utah Retirement Systems	What's New that may Impact you as a State Employee <b>repeat</b> Rosanne Ricks Director, DHRM/DHS	Coping with Emotional & Awkward Work Situations Cindy Lundquist	Cubicle Yoga <b>repeat</b> Brett McIff Healthy Utah	Eligibility Training Required class for all Eligibility Workers Linda Moon Cosette Mills	ASM Meeting Required class for all Region ASM's Jack Green

**Break 2:15 – 2:30**

**2:30 – 3:30**

D-1	D-2	D-3	D-4		
Understanding Your Retirement, <b>continued</b>	GRAMA Highly recommended for all who do GRAMA Carol Verdoia Attorney General	Coping with Emotional & Awkward Work Situations, <b>repeat</b> Cindy Lundquist	Energy In, Energy Out Sarah Tronrud Healthy Utah	Eligibility Training, <b>continued</b>	ASM Meeting, <b>continued</b>

**3:45 – 4:30 End Note Speaker**