

October 3, 2017  
Professional Development Day (FLEX DAY)  
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[CLICK ON THE TITLE OF THE WORKSHOP TO REGISTER](#)

[Fitness Friday Preview \(Yoga+ Relaxation+ Stress Management\) \(9:45am-11:00am\)](#)

*Location: GYM 214 (second floor-on the side of the gym near student health services)*

Invigorate your body and relax your mind! Fitness Fridays are designed to help you build strength, gain flexibility, and improve your balance. Stress reduction and management techniques are taught along with gentle stretching and strengthening exercises to release tension in your body and mind.

**IMPORTANT: Please bring a yoga mat—Be Prepared to remove your shoes upon entering GYM 214, you will practice in bare feet or socks**

[Canvas Cram \(11am-1pm\)](#)

*Location: BUS 125*

Join us to learn about Canvas --get your questions answered and work on your classes.

--PLEASE BRING (DIGITAL) MATERIALS WITH YOU TO WORK ON A SPECIFIC CLASS----

[Curriculum Workshop \(9:00am-11am\)](#)

*Location: BUS 118*

Members of the Curriculum Committee will be available to help you work on your curriculum in Curriconet. If you are launching a course, making changes to the course outline of record, or simply updating information and would like assistance, please attend this workshop. The deadline to launch changes that will reflect in the 2018 Catalog is October 3.

[Accessible Online Learning for DE Courses \(1:00pm-4:00pm\)](#)

*Location: B 100 (Business Conference Center) INCLUDES LUNCH*

Gaeir Dietrich, Director of High Tech Center of CCC, will be presenting on an overview of access, basic concepts, digital media, content vs. container, and workflow. This workshop will be important for all instructors regarding the laws of accessibility of materials placed on a learning management system.

[OU CAMPUS \(SBVC website management system\) \(1:00pm-4:00pm\)](#)

*Location: BUS 118*

If you need a refresher, or are new to the Web Content Management System come to this training to learn how to use OUCampus to edit web pages for your department. OUCampus is used by many Community Colleges and Universities like UCR, Cerritos, and LA City. This will be a hands on training

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