

# Issues 2017

## Workshop Descriptions

### **Keynote Address: If You Can Laugh At It, You Can Live With It**

**Brad Wilcox**

Stress, pressure and anxiety have become part of living in this world. Having a positive attitude along with a sense of humor can help us keep things in perspective and deal with our challenges.

### **Rule Your World**

**Amy Iverson**

As a media personality for KSL and Deseret News, Amy Iverson understands how much good can come from the technology that is everywhere in our lives. As the use of technology continues to grow, we need to learn how to control it before it controls us.

### **How to Save a Life**

**Trudy Brereton and Amber Pulley**

Just as people trained in CPR help save thousands of lives each year, people trained in QPR know how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Anyone can learn!

### **The Power of One: Prevention of Modern Day Slavery**

**Lillian Bradley**

What difference will you make in the world? From a young age, Lillian Bradley has been fighting against human trafficking and modern day slavery. Hear her amazing story and learn how one person can change the world.

### **A Look into Peer Court**

**Cole Darbro**

Criminal charges for even minor offenses can have drastic effects on your future. Heber Valley Peer Court is a new program that allows a youth panel to hear minor offense cases involving their peers. See if Peer Court is for you as a panel volunteer or as a client.

### **Finding the Real You in a Virtual World**

**Matt Heimberger**

What's the difference between you and the person people see on Instagram, Snapchat, FB or even in real life? Come learn about building a "personal profile"—by yourself, for yourself, outside of social media. Find greater self-confidence, greater self-awareness and, greater control over your own unique future.

### **Let's Talk**

**Colleen Oshier**

Learn about effective communication and effective listening. Participate in fun, interactive experiences that will help demonstrate the importance of effective communication.

### **Man in the Mirror**

**Trindl Covington**

Let's renew kindness, justice and integrity in the world! It starts with us. Transform criticism and gossip by empowering communication. Honor yourself and others by creating true connections.

### **Dream Date**

**Hank Smith**

This workshop will help you be more creative in dating, discuss dating do's and don'ts, and get the latest tips so that your date will be eager to see you again. Enjoy the humor of Hank Smith as you learn how to be a Dream Date.

### **IHC Health Screening**

**Heber Valley Hospital**

Are you living well? Stop by Heber Valley Hospital's screening room to have your basic numbers checked. Screenings include diabetes, high blood pressure, weight, BMI and mental health. All optional, all free!

**Navigating the Rapids of Life****Verne Larson**

Life is like a river, as we travel along, we will face a lot of rapids that can tip us over. With his humorous style, Verne Larson will talk about facing the rapids and the components which help us stay afloat.

**Zero Fatalities**

Teenagers are the age group most likely to be killed in a motor vehicle crash. Learn tips and technology that can save lives as well as insurance costs. Discuss Utah's Graduated Driver's License laws and help zero fatalities become reality.

**Relieving Stress through Yoga****Cassie Coulam**

Our body, mind and spirit take on stress in many different ways. Learn and practice yoga movements that can reduce stress and help you cope with the fast paced world.