

9:00am

Registration

9:30-11:30am

Round Table

Continental Breakfast

Discussion Groups

11:30-1:30pm

Vendor Showcase

12:15pm

Welcome

Registrants may attend:

1. Breakfast Round Table Session, or
2. Lunch Buffet Round Table, or
3. Lunch Buffet and Keynote Speaker, or
4. The Full Day

Please see/use enclosed registration forms.

MAAP Officers-

President- Mary Ellen O'Connell

Vice President- Nancy Charles

Secretary- Kati Rutz

Treasurer- Karen Patnode

WRAP Representative- Patti Utesch

A MAAP Special Event

National Activity

Professionals Day

Friday, January 27th, 2012

At Best Western,

5105 S. Howell Avenue,

Milwaukee, WI 53207

"Put the

Agenda

What is MAAP?

1 - 2

12:30-1:30pm

Lunch Buffet-

Baked Chicken Quarters

Baked Ham

Mashed Potatoes,

Buttered Corn,

Rolls and Butter

Fresh Vegetables, Tossed Salad,

& Dessert

Coffee, Iced Tea, and Milk

(Other beverages may be purchased)

1:30-3:00pm

Keynote Speaker-

Di Philippi, MA, LPC

'Knockouts Strategies

that Start from Within'

3:00-3:30pm

Questions and Closing

Milwaukee Area Activity Professionals is an organization dedicated to promoting professionalism of Activity Professionals through education and networking. Since its beginning in 1974, MAAP has grown because of genuine concern for the quality of life for the people we serve.

Interested in becoming a member?

Check out our website- www.themaap.org

NAP Day Committee Co-Chairs

Louise Connerton ph. (414) 744-4663

Patti Utesch ph. (414) 570-5407

e-mail: pattitudesch@catholichealth.net

Committee Members

Terri Bartlett, Phyllis Frankenstein, Susan Guillot, Susan Klawien, Ann Luther, Mary Ellen O'Connell, Katie Rutz, Jean Tillmann, and Vanessa Wade Jarrett

in 2012"

When you take care of your own wellness first, you set yourself up to be able to knockout anything you choose. The Old 'One Two' starts with

1 ONE

Keeping yourself balanced, calm, and full of positive energy, followed by

2 TWO

Sharing yourself and some of your Knockout Strategies with others.

Hosted by Milwaukee Area Activity Professionals

Discover success strategies to:

- Knockout Stress
- Knockout Sleep Problems
- Knockout Negative Thinking

Learn and practice effective body-mind techniques for your own self-care... then share with others.

Discover how to combat the body's stress response, while reducing worry and stressful thinking. Manage stress more effectively, and be more productive, confident, and just plain happy... ready for a Knockout!

Di Philippi, MA, LPC

* Honored to be named one of the Top Holistic Practitioners by Milwaukee Magazine (Feb. 2011) *
www.WellnessCounselingMilwaukee.com

Keynote Presentation- Knockouts Strategies that Start from Within

About Di: A Personal Note

I am a Licensed Professional Counselor and Holistic Practitioner with a passion for empowering people to break free from anxiety, stress, worry, and fear because I know how these things can make life overwhelming and difficult.

I believe you are magnificent! I believe you are meant to be happy and productive. And I know that there are so many natural, healthy ways that really work to ease anxiety and achieve well-being...without medication. With a focus on the strengths I know that you already possess,

I tailor my approach to you so we find the right tools that work for YOU.

I earned a Masters degree in Counseling from Marquette University. I am a member of the American Counseling Association and the Wisconsin Association on Alcohol and other Drug Abuse.

I integrate holistic, alternative tools into my counseling practice, including:

* EMDR (Eye Movement Desensitization and Reprogramming)

* EFT (Emotional Freedom Technique, referred to as 'tapping')

* Reiki (I am a Reiki Master Teacher)

I am also an experienced workshop presenter on topics such as Stress Management, Sleep Problems, Emotional Freedom Technique (EFT), The Law of Attraction, Vision Boards, Reiki, The Chakras, Life Purpose, Goal Setting, Healthy Relationships, Money and Prosperity, and Time Management. At the Center for Creative Learning,

I am an Instructor for a powerful personal growth and emotional healing experiential workshop called "Taking It Lightly"

What makes me unique is my focus on wellness counseling. I believe in the power of a holistic approach to overcoming life issues like anxiety. I integrate traditional therapies, particularly cognitive-behavioral therapy, with alternative approaches to physical, intellectual, emotional and spiritual health and happiness.

I have training in Holistic Counseling and can offer innovative and integrative ways to let go of anxiety, stress, worry and fear.