

AGFORCE

Volume 1, Issue 3

April 22 2012

WORKPLACE ARCHITECTS

DESIGN | PLAN | BUILD ~ THE Work/Life FORCE You ENVISION



*Aspire to Inspire Your
Personal Best!*

Upcoming Workshops and/or Trainings

◆ May-June 2012:

- ◆ Fit and Fine in 2012
Developing a Health and
Wellness Program
- ◆ Fitness Sessions with
Denise Connors beginning
May 1, 2012.
- ◆ AB1825
(No Harassment Training)
presented by Ignacio Alvarez in
English and Spanish
May 17, 2012
- ◆ HR ESSENTIALS - Is your HR
dept in compliance? Pre-
sented by Ignacio Alvarez
May 31, 2012
- ◆ Meeting Federal OSHA and CAL
OSHA Injury & Illness Preven-
tion Requirements
- ◆ HAZWOPER Certification
Presented by Performance
Consulting / John Karnofel
- ◆ For the Jobseeker
Interview Tips to be Tops
- ◆ *What presentations or instruc-
tion would you like to see???*
*Send your suggestions to
info@agforce.us*



Denise Connors

Personal Trainer | Fitness Consultant

Join health and fitness guru,
Denise Connors, for personal
training in the newly renovated
AGFORCE space. Connors will
take each individual through a
twelve week journey to a more
fit destination! Twelve week
program is limited to six people
to allow for personalized atten-
tion so be sure to register early!

First class on May 1 will be
informational only and registra-

tion will be available at that
time... or **register early and
guarantee your spot!**

Connors is an inspiration to all
who meet her as she is one of
the rare medical educators who
lives her life by example: She
was trained as a vocational
nurse, has two degrees in health
sciences, holds a state record in
power fitness competition, in
addition to being a certified
fitness trainer. And if that isn't
enough, she also is the mother
of three sons, ages 22 through
29!

Prior to dedicating her profes-
sional career to life coaching
and fitness consulting, Connors
worked in the critical care and
emergency room setting for
both Kaiser Hospital in Walnut
Creek and Santa Cruz
Community Hospital. Her
extensive background in health
sciences has given her an acute

awareness of the serious need
for early intervention and
patient education in all aspects
of medical weight loss
counseling.

Connors has been especially
successful in encouraging her
clients to adopt practical
changes in their lives. These
practical changes include
making better food choices,
adopting better cooking tech-
niques, allowing for more
activity in daily life, and finding
a better balance between work
life and home life. We are
honored to have Denise as part
of our collaborative team and
believe that she personifies the
ultimate commitment to
providing the very best in
quality fitness and life balance/
health coaching.

**When: Every Tuesday!
Starting May 1, 2012**

Time: 5:30 p.m. Limited Space
Cost: \$395 pp/12 week program

About AGFORCE Workplace Architects

Design the Strategy.

Plan its Structure & Execution.

Build your Work/Life **FORCE**.

Be certain your team is able to
successfully maneuver and/or
administer the following areas:
Employee Benefits, Company
Handbooks, Safety Training
and Risk Management,

Health and Wellness,
Professional Development,
Wage & Hour Law, Employee
Relations, and ... **Talent
Acquisition**

Available in English and
Spanish.

Watch your e-mail for more
details coming soon!!!



TALENT ACQUISITION AND MORE!