



CRPA SUMMER QUARTERLY

Tuesday, May 20, 2025



SCHEDULE:

- 10:00 am - 10:30 am:** Registration
10:30 am - 12:30 pm: Taking the Stress Out of Stressful Situations (.2 CEU's)
12:30 pm - 2:00 pm: Networking & the Lobster Lunch is Back!

LOCATION:

Jacobs Beach
140 Seaside Ave
Guilford, CT 06437

THANK YOU TO OUR EVENT SPONSOR!



REGISTRATION:

Town/Org: _____ Email: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

1. _____ Title: _____ ☐ Member \$50 ☐ Non-Member \$60

2. _____ Title: _____ ☐ Member \$50 ☐ Non-Member \$60

3. _____ Title: _____ ☐ Member \$50 ☐ Non-Member \$60

**if more than 3 registrants, please use additional forms*

PAYMENT INFORMATION:

Total: \$ _____ ☐ Invoice ☐ Check ☐ Credit Card (CRPA will email you an invoice which is payable online)

CANCELLATIONS, REFUNDS, AND LIABILITY:

CANCELLATIONS/REFUNDS: No refunds will be issued for cancellations made after 5/6/25. Cancellations must be received in writing via email to info@crpa.com or val@crpa.com. Should CRPA cancel the event or the event be canceled due to a government shutdown (force majeure) your choice of either a refund or a credit for the 2026 event will be issued. Please note, all refunds will be issued via check, regardless of initial method of payment.

PHOTO RELEASE: CRPA, Inc. reserves the right to use photos of attendees for marketing purposes including but not limited to: print advertisements, online, and social media.

LIABILITY: CRPA, Inc. and the Town of Guilford and their employees and volunteers will not be responsible for any injury, illness, exposure to illness, loss or damage that may occur to the attendee, nor to the attendee's employees from any cause whatsoever, prior, during, or subsequent to the period outlined on this registration. The attendee, on submitting this registration to CRPA, expressly releases and agrees to hold harmless the above-mentioned CRPA, Inc. and the Town of Guilford and their employees and volunteers from any and all claims for such loss, damage, injury, illness, or exposure to illness. Attendee(s) are personally responsible for observing health and safety guidelines and/or laws outlined by the federal, state, and local authorities including but not limited to: wearing face coverings, maintaining social distance, and/or sanitization standards.

Return to: CRPA, 135 Day St., 2nd Floor, 2H, Newington, CT 06111 • Phone: 860.721.0384 | Email: info@crpa.com

Taking the Stress Out of Stressful Situations: (0.2 CEUs)

Don't let stress steal your sunshine this Summer! Join **Linda Peck, M.Ed. MBSR CSP** as she dives into mind-body strategies from EFT (tapping) and ancient Asian practices to **help master your response to anxiety and stress**. Engage in exercises that highlight individual triggers to anxiety, **explore ways to pivot perspectives around stressful situations**, and learn how to change the dynamic - so stress can no longer control you. Learn grounding techniques that enhance a calm, solution-based approach, and discover how to **replace waves of anxiety with renewed energy and focus**. During this **interactive session**, participants can expect to **get up and move** by using props such as spinning plates and experience powerful connections between movement and the mind in subtle and inclusive ways. Movement is a mode of communication that changes brain and neuron behaviors, opening us up to new knowledge and experiences! **Expect eye-opening "aha!" moments throughout this engaging and transformative session.**



12:30 -2:00 pm: Lobster is Back!

Enjoy a tasty hot lobster roll and sides by the beach & reel in some great connections with fellow colleagues across the state.

ABOUT THE SPEAKER:

Linda Peck, M.Ed. MBSR CSP, is a Leadership/ Health and Wellness Trainer, and has been presenting Professional Development sessions for Educators, Managers, Coaches, Directors, Coordinators, Staff, etc... for over a decade. She uses inventive, evidenced-based proprioceptive movement methodologies and expressive relaxing motion techniques to teach people health and wellness strategies for improved mindbody outcomes. Linda's eclectic background as a Professional Ballerina, Mime, certified practitioner in Asian practices Martial Arts, (Wing Chun) and Tai chi/QiGong, and her educational background in Mindfulness Based Stress Reduction, Somatic Psychology and Human Development, help to bring a unique thought-provoking and engaging approach to her health and wellness programs.

She is an author (Journal of Alternative Medicine), and has presented PD's for: CRPA, Health Week at CNN and Warner Media (Atlanta GA), the CT. Cadre of PE Trainers, CTAHPERD, Fairfield Public Schools, Maine Healthy Partnerships, Conference on Alternative Medicine, Paris, France, and more. She has worked as a Leadership and Health Coach at the Brattleboro Retreat Hospital in Vermont for the last 9 years.