



MPRA REGION 3 LUNCH & LEARN

Wednesday, February 10, 2021
Virtual on Zoom

Only \$15
for up to .2 CEUs

SCHEDULE

10:30 am – 11:35 am

OUTDOOR IMPACTS ON YOUTH AND BEYOND (.1 CEU)

Presented by Jennifer Perkins and Justin Smith, Springfield-Greene County Park Board

When we start brainstorming the benefits of spending time in nature and maintaining a healthy lifestyle there are seemingly limitless things we could write down. We know the benefits are real, so why don't more youth in our communities participate in outdoor recreation? This session will discuss how to get youth involved, practical ways to positively teach new skills, and the importance of instilling a love of the outdoors early.

11:45 am – 12:45 pm

LUNCH (bring your own) AND REGION MEETING

12:45 pm – 1:55 pm

HODGEPODGE HEROES (.1 CEU)

Presented by Diana Tyndall, Springfield-Greene County Park Board

Learn a hodgepodge of professional development skills. Walk away feeling heroic, having tools to take on the world (or at least your department)! Discover techniques to build an elevator pitch: What do you say? How should you say it? Learn how to better communicate virtually and even give a zoom presentation. Gain time management tips and discuss how to avoid living in chronic crisis management mode.

REGISTRATION INFORMATION

NAME _____

AGENCY _____

EMAIL _____

PHONE _____

Mail application and payment to:
Missouri Park & Recreation Association
The Musco Lighting Building, 2018 William Street
Jefferson City, MO 65109-1186
Or email to info@mopark.org | 573.636.3828

Lunch & Learn Fees:

\$15 per attendee

☐ I need CEUs (no extra charge)

Payment Information:

☐ Check ☐ Credit Card
To make payment call
573-636-3828.

**Return form & payment to MPRA
by Friday, February 5, 2021**