Arizona Court Reporters Association

The 2022 Midyear Seminar ABCs…
Achieve, Believe & Celebrate!

May 14th, 2022

Hybrid In-Person and Webinar

Sonesta Select ~ 2101 East Camelback Road ~ Phoenix, Arizona

Total: .6 hours NCRA Credit

**8:30 a.m. to 10:00 a.m.** (.15 CEUs)

**TITLE:** Ergonomics for the Court Reporter (In Person)

**PRESENTER:** Ed Taube. Mr. Taube is a native of Phoenix and an instructor for the Arizona Chapter National Safety Council. He teaches a variety of workplace safety courses and is passionate about safety training to prevent injuries and possibly save lives.

**DESCRIPTION:** Mr. Taube will discuss the benefits of effective ergonomics and how to help reduce injuries. Attendees will learn to appreciate the benefits of an effective ergonomics program by recognizing which ergonomic injuries are more common for court reporters and identifying controls that can be implemented to reduce ergonomic injuries.

**10:30 a.m. to Noon** (.15 CEUs)

**TITLE:** Margie Holds Court, Part 1 (Virtual)

**PRESENTER:** Margie Wakeman Wells. Margie is a lifetime credentialed teacher and a certified CRI. She is in her sixth decade of teaching, with more than 40 years in the field of court reporting. Margie teaches all manner of English and has presented over 300 seminars for reporters, teachers, and students.

**DESCRIPTION:** Margie will present an array of English-related topics for Court Reporters throughout Part 1 and Part 2. Attendees will strive to improve accuracy with punctuation, spelling, and grammar to make transcripts more readable.

**1:30 p.m. to 3:00 p.m.** (.15 CEUs)

**TITLE:** Margie Holds Court, Part 2 (Virtual)

 **3:30 p.m. to 5:00 p.m.** (.15 CEUs)

**TITLE:** Getting Ready to Get Old and Living Healthy To Enjoy It!

**PRESENTER:** Dr. Lance Dreher. Dr. Dreher, known as Dr. Fitness, has received many awards and has been titled Mr. America and Mr. Universe during his lifetime achievements in exercise, physical fitness, and sports. Dr. Fitness is an expert in the area of Lifestyle Change! He uses his expertise to teach nutrition and exercise for a healthier way of life.

**DESCRIPTION:** Dr. Dreher will share his knowledge regarding Nutrition/Fitness/Wellness Management. Attendees will benefit from Dr. Dreher’s expertise on the role proper nutrition and exercise plays in managing your physical well-being as well as helping to balance mental health and stress management.