

We will discuss the basics of how chemicals work in cleaning. We'll cover both soil and chemical identification for proper application and appropriate cleaning procedures. Safety and compliance issues will be addressed in an easy to comprehend fashion.

**Wednesday, May 21 - 3:15 to 4:45 pm**

**Coronado Room E**

## **W. Dennis Parker**

Dennis Parker is currently the Facility Supply Segment Manager for the Salt Lake City Division of Unisource. He has experience as a Janitorial contractor, a distribution sales representative, a distribution general manager, and an area manager, having 9 branches, in a three-state area. He does numerous training seminars and workshops.

## *Stress Management Through Self-hypnosis*

We'll discuss how stressful behaviors are created and how self-hypnosis and hypnotherapy may be used to address stressful situations and circumstances. We will review the "theory of the mind," how our mind works in relation to stressful issues. We'll explore options of managing stress by understanding our freedom of conscious choice of response. Everyone will be able to experience the relaxation that can be achieved through self-hypnosis.

**Thursday, May 22 - 8:30 to 10:00 am  
10:15 to 11:45 am**

**Avalon Rooms A & B**

## **W. Dennis Parker**

Dennis is a certified Clinical Hypnotherapist registered with the American Council of Hypnotist Examiners. He began his practice in 1991. He is a noted public speaker and has done many seminars and workshops.

