

Wellness 4 Educators™

AN 'INTERACTIVE' SEMINAR

Balancing ~ Social Emotional
Mental Health Skills~ for the Workplace

- **LEARN TO BALANCE YOUR STRESS**
- **TECHNIQUES TO HELP MANAGE WORK / HOME LIFE RESPONSIBILITIES**
- **LEARN TO EASE MENTAL STRAIN CREATED BY EVER CHANGING WORKPLACE ENVIRONMENTS**
- **EVIDENCE BASED TECHNIQUES FOR - GENTLE YOGA, MINDFULNESS, FOCUSED BREATHING**

★★★
Register by
February 12th, 2016
and get \$50 off
Use code: **UrlybirdsRstressfree**
★★★

'PLAY DATE'
for Educators
Tuesday
March 29th 2016
9am - 3pm

@ Mercer County Community College Conference Center

* Engaging break out sessions with free session materials

* Breakfast and Lunch included

* Gift Bags ~Door Prizes~Dance Party~Spa Suite~ All included with admission



Kimmie Carlos



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www.wellness4educators.com