



DATES/LOCATIONS:

Registration: 8:30—9:00am
Workshop: 9:00 am-3:30 pm

■ October 14, 2019

Treehaven Education and Conference Center, W2540 Pickerel Creek Road Tomahawk, WI 54487

Contact: Lynn Verage, CESA #9
(715) 453-2141; lverage@cesa9.org

■ December 11, 2019

CESA #4, 923 East Garland Street West Salem, WI 54669

Contact: Carol Zabel, CESA #10
(715) 720-2145; czabel@cesa10.org

■ March 12, 2020

CESA #11, 225 Ostermann Drive Turtle Lake, WI 54889

Contact: Carol Zabel, CESA #10
(715) 720-2145; czabel@cesa10.org

■ March 18, 2020

CESA #10, 725 West Park Avenue Chippewa Falls, WI 54729

Contact: Carol Zabel, CESA #10
(715) 720-2145; czabel@cesa10.org

Sign Up Now!



Limit of 20 participants
per workshop

PARTICIPANTS INCLUDE:

- PreK-12 Educators
- School Counselors
- Social Workers
- Special Education Teachers
- School Psychologists

Lately, it seems like everyone is talking about staff self-care. Mindful meditation is one way to operationalize the vague concept of self-care. By attending this workshop and learning several mindful meditation practices you can find a way of bringing peace and calm into your life, if only for a few minutes a day.

The objectives for the workshop include:

- Defining mindfulness
- Becoming familiar with a number of mindful practices
- Realizing the research supporting mindful practices
- Practicing mindful meditation
- Practicing mindful movement, and
- Reflecting on your learning.

Know that as you cultivate your own mindful practice you will feel that sense of calm grow and influence the way you react in stressful situations. So don't wait to get started, register now!

COST: \$50/per person (Breakfast and Lunch included) Payable to: CESA #4

Send Payment to:

CESA #4 ATTN: Mary Devine
923 East Garland Street,
West Salem, WI 54669

PLEASE include and clearly define:

Participant name, exact name of workshop, and date, with all checks or purchase orders. Thank you!

REGISTER ONLINE:

■ Tomahawk — October 14, 2019

<https://login.myquickreg.com/register/event/event.cfm?eventid=23995>

■ West Salem — December 11, 2019

<https://login.myquickreg.com/register/event/event.cfm?eventid=23996>

■ Turtle Lake — March 12, 2020

<https://login.myquickreg.com/register/event/event.cfm?eventid=23997>

■ Chippewa Falls — March 18, 2020

<https://login.myquickreg.com/register/event/event.cfm?eventid=23998>

REGISTRATION QUESTIONS:

Contact Mary Devine (608) 786-4800;
mdevine@cesa4.org

