

Teacher Wellness: Walk & Talk

Teachers, you need to take care of yourself! Your PD Committee would like to invite you to the wellness PD event. Come walk in the beautiful Ann and Sandy Cross Conservation Area and join the talk with Dr. Astrid Kendrick and fellow teacher Nadeen Halls, to nurture your inner peace and elevate your resilience and well-being through creating a HEARTcare plan.

Please be prepared: dress for the weather, wear sturdy walking shoes and bring in a reusable water bottle and snacks. A boxed lunch will be provided.

Location	<i>Ann & Sandy Cross Conservation Area</i> 194001 160 St W, 20, AB T1S 4K9
Time/Date	<i>Wednesday, November 1 2023</i> <i>9:00am – 3:00pm</i> Includes lunch
Audience	Grades K – 12 Teachers & Administrators
Registration	<i>Registration is limited to 20 applications.</i> Registration will open Sunday, 2023 October 8 at 7:00pm on Eventbrite and is first come, first served. Once the tickets sell out, Eventbrite will provide a waitlist option. A fee of \$11.98 is required to register (\$10 refundable deposit + \$1.98 non-refundable Eventbrite fee). Refunds of registration deposit will be issued to participants after verification of attendance. One ticket per participant. Please do not register for others.
Deadline	<i>Registration closes Friday October 20 at noon</i>

Register at:

<https://www.eventbrite.ca/e/teacher-wellness-walk-talk-tickets-727059042167?aff=oddtcreator>

