

## Teacher Wellness

Your ATA Professional Development Committee is presenting a half day workshop intended to support teachers and administrators in the search for work –life balance. This workshop is designed to help participants develop an appreciation for how important wellness is for individuals, families, communities and countries!

For the benefit of ourselves and all others we care for, each of us has a responsibility to strive to attain and maintain our optimal level of health and well-being. To do so requires that we pay attention to all dimensions of our wellness, and that we make informed lifestyle and health choices.

During this workshop, participants will have opportunities to reflect upon their personal wellness and share strategies and resources with colleagues. By building our personal capacity, we increase our capacity to be of continued service to our students, our families and our society.

We ask that participants **commit to attending this afternoon session.**

<b>Location</b>	<i>Glenmore Inn 1000 Glenmore Court SE Calgary Alberta T2C 2E6</i>
<b>Time/Date</b>	<i>Wednesday December 5<sup>th</sup>, 2018</i> <i>1:00pm – 3:30pm</i> Includes a light lunch served from 12:15 – 1:00 p.m.
<b>Audience</b>	Grades K – 12 Teachers & Administrators
<b>Registration</b>	<i>Registration is limited to 45 applications.</i>  Final Registration is determined by a random draw.  Substitute coverage will be provided by Calgary Public Teachers. Successful applicants will be notified by the ATA office and will receive a substitute code at that time. Email confirmations will be sent by November 28 <sup>th</sup> , 2018. Please let Tracy Hodal ( <a href="mailto:thodal@ata38.ab.ca">thodal@ata38.ab.ca</a> ) know if you are unable to attend the session once it has been confirmed so another person can participate.
<b>Deadline</b>	<b><i>Monday, November 26<sup>th</sup>, 2018</i></b>

PLEASE CHECK YOUR CALENDAR TO ENSURE YOU ARE AVILABLE TO ATTEND THIS PD PRIOR TO REGISTERING

REGISTER AT: <http://bit.ly/teacherwellness38>