


**WELLNESS IS A
JOURNEY AND
TEACHWELL IS A
DEDICATED
COMPANION . . .**



JOIN US on the JOURNEY to WELLNESS!

This month TeachWell is launching a new series of wellness sessions. We have intentionally curated a variety of topics for educators to choose from so that YOU can determine what will best facilitate YOUR wellbeing. We have a phenomenal group of practitioners who are committed to educator wellbeing.

Each series is designed with a reasonable 4-6 week commitment and a 60 to 90 minute session, intentional moments for self-focus without putting a burden on time.

We believe that wellbeing IS professional development for educators and each series is designed as a professional development opportunity. The pricepoint-\$200/series is similar to a professional development workshop and can be covered by PD funds.

Our offerings include:

- Meditation and mindfulness
- Energizers for you and your classroom
- Art as self-care
- Restorative circles
- Individual therapy
- Sleep
- Yoga

[Click here to learn more and register!](#)

Make just-right commitments that you can see through and FEEL GOOD about. We recognize that self-care is a dedicated practice but should not be a burden and we understand that your time is precious!

Our series only require small steps to make a commitment to your well-being. Each option is potent, productive and just enough to give you a BOOST. These sessions are designed to set you up for SUCCESS, giving you just enough to be committed AND feel accomplished and offer you lifelong tools.



"Your well-being must never become an afterthought. It must be your first act."

Rasheed Ogunlaru

[Click here to learn more and register!](#)