

## IE17-101 Teacher Wellness- Teacher Talks 2016-17

**PRESENTED BY**

Mary Frances Fitzgerald

**SERIES SESSIONS**

Date	Time
May 09, 2017	3:45 PM – 4:45 PM
May 16, 2017	3:45 PM – 4:45 PM

**LOCATION**

Online

**FEE**

**\$0.00**

**QUESTIONS?****Contact Us:**

**780-623-2248**

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### Program

This 2-part webinar series asks, “How can teachers learn to take greater responsibility for their personal and professional wellness to ensure that they have the capacity to help others?” Teachers will reflect upon their current state of wellness and consider approaches to improve their health and well-being. The interrelationship of the physical, emotional, social and psychological states will be explored and ideas for making informed choices about improving quality of life will be shared.

*This learning opportunity is being provided through a grant from Alberta Education.”*

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### Presenters

Mary Frances Fitzgerald

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