



Presents:
**Educator Self Care
& Brain Breaks**

Body ~ Breath ~ Mind ~ Attention ~ Engagement

April 25

8:30 to 11:30am

Pure Edge, Inc. believes that work environments will be more effective when staffs learn strategies to help combat stress and develop social, emotional, and academic learning competencies.

OR

Participants will:

April 27

1:00 to 4:00pm

- ♦ learn about stress and how it affects their bodies and nervous systems
- ♦ discuss the importance of self-care in managing stress
- ♦ share breathing techniques, mindful movement, and guided relaxation as tools for promoting our own well being

All attendees must come in suitable clothing for light exercise

Marin County Office of Education
1111 Las Gallinas Avenue
San Rafael, CA 94903

To Register: <https://brain-breaks.eventbrite.com>

If you have questions, please contact the Education Services Department:
415-499-5870