

A photograph of a classroom with rows of wooden desks and chairs, a green chalkboard, and a map on the wall.

MENTAL FITNESS

**MOVE INTO THE
NEW SCHOOL
YEAR WITH
STRENGTH AND
BALANCE**

*July 26, 2023
NIU Naperville
10:00am -1:00pm*

**REGISTRATION
INCLUDES: BREAKFAST,
PARKING, MATERIALS
AND 3 PDHS**

*Presented By:
Robin Bruebach*



Strong mental fitness helps educators navigate the complexity of today's world. Mental fitness keeps our brains healthy, supports our ability to handle stress, and helps us to better understand how we think and respond to situations and people. It allows us to build resilience and self-acceptance, which in turn improves performance and relationships. Mental fitness helps us to thrive, not just survive.

During this workshop, we will:

- Explore the aspects of strengthening mental fitness and how they support SEL
- Identify Values
- Expand Emotional Literacy
- Explore Mindful Moments
- Move from negative thoughts to positive intention
- Understand how mental fitness supports students

**WHO SHOULD ATTEND: TEACHERS
PRINCIPALS/SUPERINTENDENTS**

Mental Fitness with Robin Bruebach
July 26, 2023
10:00am-1:00pm CT
NIU Naperville Room 105
1120 E Diehl Rd, Naperville, IL 60563



Organization/School

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____ Fax: _____

Name/Position: _____

Email: _____

IL ASCD Membership # _____ IEIN # _____

If you need to add more names, please duplicate this registration form.

Early Bird (Until 5/19/23)	IL ASCD member Each	1 Person Each	2 People Each	3 People Each	Student/ Retiree Each
____\$150	____\$179	____\$228*	____\$218**	____\$208**	____\$99**

* Includes 1 year membership

** 2 or more attendees from the
same school district/organization.
Does not include membership.

**Illinois ASCD is an ISBE
Approved Provider**

(Call for Info on larger team (5+ people) discounts 618 203 3993)

Conference Fees \$ _____

IL ASCD 1 year Membership Fee (add \$49) \$ _____

Total Registration Fees \$ _____

The registration deadline is July 19, 2023. A \$15.00 fee will be charged for cancellations made in writing prior to the deadline. No refunds will be given after the deadline. Confirmation will be sent via e-mail after your registration is processed. Registrations can be transferred to another individual by faxing information to 309-438-5364 or by emailing mdrhoa1@ilstu.edu.

Payment Information:

(Payment or purchase orders MUST accompany registration form)

____ Check made payable to Illinois State University enclosed

____ Purchase order ENCLOSED. Purchase order #: _____

____ Charge Credit Card: __Master Card __Visa __ Am/Ex __Discover
Account Number _____

Expiration: (Month/Year MM/YY) and 3 Digit CVV code _____

Name on Card _____

**Illinois ASCD is CPS
Approved Provider: #24595**

How to register:

Online: Use your Visa, MasterCard, Discover, or American Express card at <http://www.illinoisascd.org>

Call: 800-877-1478 or 309-438-2160, Mon. - Fri. 8:00 a.m. - 4:30 p.m. and use your Visa, MasterCard, Discover, or American Express.

Mail: Send completed form with check or copy of PO to: IL ASCD Bruebach Illinois State University, Conference Services, Campus Box 8610, Normal, IL 61790-8610.

Fax: Fax completed form to 309-438-5364 using your Visa, MasterCard, Discover, or American Express or a copy of school P.O.

Email: Email a completed registration form and approved PO to mdrhoa1@ilstu.edu.