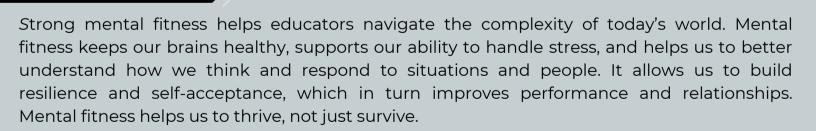
## iasca



MOVE INTO THE NEW SCHOOL YEAR WTH STRENGTH AND BALANCE

Presented By: Robin Bruebach



## 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

Name on Card



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

City:	
Fa	ax:
te this registration	form.
3 People Each \$208**	Student/ Retiree Each \$99**
II	llinois ASCD is an ISBE Approved Provider
	ASCD is CPS rovider: #24595
	v to register:
http://www.illinoig Call: 800-877-147 Mon Fri. 8:00 a your Visa, Master American Express	rican Express card at sascd.org 78 or 309-438-2160, ı.m 4:30 p.m. and use Card, Discover, or s.
copy of PO to: IL A State University, C Campus Box 8610 8610. Fax: Fax complete 5364using your \	√isa, MasterCard,
Fax: Fax completed form to 309-438 5364using your Visa, MasterCard, Discover, or American Express or a cof school P.O.	