



EDUCATOR WELL-HEALTH

The educator is the asset

PRESENTS



Educator Wellness Conference

Grapevine, Texas

October 5-6, 2008

Gaylord Texan Resort & Convention Center

**REGISTER
ONLINE TODAY**
@ www.educatorwellhealth.com

SESSIONS INCLUDE:

- 🍏 How to Feel Good
- 🍏 No Teacher Left Behind
- 🍏 Building Healthy Work Cultures
- 🍏 Connection: The Currency of Wellness
- 🍏 Nutrition and Wellness
- 🍏 Weight Management - Society's Massive Problem with Motivational Interventions
- 🍏 Creating a Conscious Culture of Healthy Relationships
- 🍏 Wellness Programming Ideas and Activities for K-12 Settings
- 🍏 Breaking the Sugar-Stress Cycle
- 🍏 The Eight Healthiest Things Educators can do for their Students and Schools
- 🍏 The Economics of Your Emotional Balance: Creating a Surplus of Positive Emotions for Overall Wellness
- 🍏 How to End Each Day With More Energy Than You Started
- 🍏 The Missing Piece: The Prevention of Depression in The Workplace
- 🍏 Why Are You Here? Discovering Your Personal Mission Statement
- 🍏 Creating Ideal Work Environment for Health and Wellness Promotion
- 🍏 K-12 Wellness – What is it?
- 🍏 Proper Ergonomics and Stress Reduction for Today's Educator
- 🍏 Management Coaching: Healthy Workplace One Conversation at a Time
- 🍏 The Future of Health Promotion – A World in Need of Change
- 🍏 Fitness After 50: Smart Activity Programs for the Second Half of Life
- 🍏 How To Be the Best Boss
- 🍏 Emotional/Social/Mental Wellness in K-12 Settings
- 🍏 The History of the Wellness Movement
- 🍏 And Numerous Others