



ALBERTA TEACHERS' ASSOCIATION LOCAL #55  
PROFESSIONAL DEVELOPMENT COMMITTEE  
Invite you to attend a workshop on...

## Teacher Wellness – Part 2

Due to the positive responses received during our Teacher Wellness workshop earlier in the year, we are bringing this workshop back to delve into the subject, in more detail.

This workshop 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.

Please note, you do not have to have attended the first workshop to participate in this workshop.

Wednesday  
May 2nd, 2018  
4:15 – 6:00 pm

Light snacks will be  
provided

Location:  
ATA Local 55 Offices  
Suite 213  
3016 5<sup>th</sup> Ave NE, Calgary

**TO REGISTER:**

(There are limited spaces available)

Register online via  
EventBrite:

<https://goo.gl/RGki4e>



CALGARY  
CATHOLIC TEACHERS  
LOCAL 55

*Helping teachers meet  
diversity.*