

Lake Washington Education Association

A series for all teachers

PERSONAL WELLNESS

REDUCING THE STRIFE IN YOUR LIFE

JANUARY 9, 2019 (4:30PM—7:00PM)

Do you have more on your “to do” list than you have energy or time to complete?



- Does it seem like you are spending so much energy on other people and things that you have little or nothing left for yourself?
- Do you need some simple strategies that will help you bring a little more relaxation and little less stress to your day?
- Our goal is to have each participant leave with at least one practical tip or technique that will help deal with the stressors of everyday life. Take a few

To register:

Contact Terri Neely at LWEA (terrineely@lwed.org) or 425-822-3388.

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