

Let's Talk About It*

Learn coping and healing skills for your professional and personal life

Led by an expert on the topic, you will share experiences with your fellow educators and leave with strategies, ideas and a new outlook to take you through the school year.

2022 Topics include:

- **Financial Well-Being**
Wed. Jan. 5, from 4:30 to 5:30 p.m.
- **Assertive Communication**
Thurs. Feb. 3, from 4:30 to 5:30 p.m.
- **Nutrition, Exercise and Self-Care**
Tues. March 8, from 5 to 6 p.m.
- **Preventing Burnout: Self-Care and Stress Management for You!**
Thurs. April 7, from 5 to 6 p.m.
- **Letting Go: Transitioning to Life Beyond the Classroom**
Wed., May 25, from 4:30 to 5:30 p.m.

* Attend three of the five Let's Talk About It sessions, and be automatically entered into a drawing to win a \$100 Spa & Wellness Gift Card by Spa Week.

Drawing will be held on Fri., June 3, 2022
and the winner will be notified via email.



www.uft.org/lets-talk-about-it

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