



Well-Being Series

Learn coping and healing skills for your professional and personal life

Each virtual session is led by an expert on the topic. You will leave each session with tools, ideas and a new outlook on the things that most affect your sense of well-being. While you are supporting your students, MAP is here to support you.

2022-2023 topics include:

- ▶ Making the Most of Your Time
Thursday, Oct. 6, 2022, from 4:30–5:30 p.m.
- ▶ Foundations of Mindfulness
Thursday, Nov. 3, 2022, from 4:30–5:30 p.m.
- ▶ Developing a Mental Fitness Mindset
Thursday, Dec. 1, 2022, from 5–6 p.m.
- ▶ Reconnecting to Your Passion
Thursday, Jan. 19, 2023, from 5–6 p.m.
- ▶ Love Thy Self: Mind & Body
Thursday, Feb. 9, 2023, from 5–6 p.m.
- ▶ Coping Ahead
Thursday, March 9, 2023, from 5–6 p.m.
- ▶ Preventing Burnout
Tuesday, April 4, 2023, from 4:30–5:30 p.m.

*When you attend five of the seven Well-Being Series sessions, you will be automatically entered in a drawing to win a \$100 spa-and-wellness gift card from Spa Week!

Drawing will be held on Friday, April 14, 2023 and the winner will be notified via email.



www.uft.org/well-being-series

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