



Saturday, September 21, 2019

**NIAGARA UNIVERSITY
COLLEGE OF EDUCATION**

and



THE MINDFULNESS ALLIANCE

present

Mindfulness Conversations
Mindfulness and Mindful Movement
For
Educators and Wellness Professionals

Target Audience

Teachers - Counselors - Administrators - Psychologists - Social Workers - School Support Staff
Yoga - Qigong - Tai Chi Practitioners
Physical Therapists - Athletic Trainers - Coaches - Dancers

Schedule

8:30 – registration
9:00 – Welcome
9:15 – Opening Speaker - Nicole Newcomb Chumsky LMHC
Mindfulness, Mindful Movement, and Wellness
10:00 – Workshops Session 1
11:00 – Workshops Session 2
12:00 – Workshops Session 3
1:00 – Closing

CTLE credits available

Cost \$20.00

Submit a Workshop Proposal or Register at

<https://www.niagara.edu/mindfulness-conversations>

Facebook Mindfulness Conversations

<https://www.facebook.com/Mindfulness-Conversations-2318577555074228/>

For more information contact

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