



# BE WELL(ELGIN): RECONNECTING WITH JOY

PEDAGOGICAL FOCUS: BELONGING, WELL-BEING, EXPRESSION, NETWORKING



**Facilitated By: The Strive Team**

Join this month's Be Well session, where we explore and reflect on all areas of self-care and personal wellness, from the emotional, to the psychological, to the social, physical, and professional too. Be Well is designed specifically for YOU! We recognize the importance of educator wellness and hope to bring a little joy to your day through fun, engaging and reflective activities.

This month, we will be networking together, reconnecting with joy as we share funny or memorable stories from our programs, while we unleash our creative expression in decorating cookies!

**WHEN?**

**Monday, April 29, 2024**

6:30–8:00 PM

**WHERE?**

**Fanshawe College - St. Thomas/Elgin  
Campus**

120 Bill Martyn Parkway  
St. Thomas, ON  
N5R 6A7

**COST?**

**FREE**



**REGISTER NOW!**

