

Subject: Join us for the next Spring Educator Webinar! - Feb 22
From: "American Heart Association" <kidsheartchallenge@heart.org>
Date: 3/4/2024, 10:01 AM
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Join Our Educator Leadership Development Series

It's not too late to Join the American Heart Association and UCLA Health on March 6th for our next Educator Leadership Development Webinar.

This professional learning session will focus on Mindfulness for Educators. Learn how to reduce stress, work with challenging emotions, build attention, and improve classroom efficiency while promoting wellbeing and preventing teacher burnout.

There's no cost to attend, you may be able to get professional development hours, and you'll also have a chance to win a \$250 US Games certificate

Join us for our next webinar on

WEDNESDAY, MARCH 6TH

**Mindfulness for Educators:
Reduce Stress and Promote Wellbeing**
3:30 PM ET / 2:30 PM CT / 12:30 PM PT

[Register For The Series](#)

You'll receive a calendar notice with the link for all webinars—join the ones you can! All webinars will be recorded and sent to registered participants.

Don't forget to pass this email on to your fellow educators.

Wednesday, March 6th: Mindfulness for Educators: Reduce Stress and Promote Wellbeing

Attendees will receive:

- Field experts as they share their unique perspectives.
 - Must-have follow-up resources.
 - An attendee certificate.
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To learn more about hosting a Kids Heart Challenge/American Heart Challenge program at your school [click here](#).

It is because of you that we can continue our mission-critical work throughout the school year. Thank you for your support and for joining us.

Your friends at the American Heart Association

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