



Mercer County Education Association's  
Professional Development Committee  
invites you to register for the below in person workshop.

**Mindfulness Matters**  
**Wednesday, March 29, 2023**

Provided by  
NJEA's Professional Development & Instruction Issues Division

**Mindfulness Matters**  
**Wednesday, March 29, 2023**

**Description:**

This workshop will provide participants with a foundational understanding of what mindfulness is and how it can be used when connecting with your students and connecting with yourself. Participants will also gain an understanding of the effects of mindfulness on our brains. Incorporated in the workshop will be several mindfulness techniques that can be used at any time.

**Presenter:** Jennifer Passuth

**NEW LOCATION!**

*MCEA*

*4 Princess Road, Bldg. 200,*

*Suites 213-214*

*Lawrenceville, NJ 08648*

**Registration & Dinner: 4:30 pm - 5:00 pm**

**Workshop begins at 5:00PM (2 hours of PD credit)**

**Register here: <https://forms.gle/k1zBJ5x7GqRfqFPGA>**

**When registering only use personal email addresses, NOT school district email addresses.**