

**Subject:** Join us for the next Spring Educator Webinar! - Feb 22  
**From:** "American Heart Association" <kidsheartchallenge@heart.org>  
**Date:** 2/22/2024, 1:00 PM  
**To:** "Dave McAtee" <mcateed@mokena159.org>

## Join Our Educator Leadership Development Series

Join the American Heart Association and UCLA Health for our next **Spring Leadership Development Webinar 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 even have a chance to win a \$250 US Games certificate for each webinar you join!**

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

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 that are unable to attend the live session.

**Attendees will receive:**

- Field experts as they share their unique perspectives.
  - Must-have follow-up resources.
  - An attendee certificate.
- 

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**

FOLLOW US:

[Facebook](#) [Instagram](#) [X](#)

EMAIL US:

[DONATE@HEART.ORG](mailto:DONATE@HEART.ORG)

CALL US:

1-800-AHA-USA1 OR 1-800-242-8721

OUTSIDE US: +1 (214) 570-5978

WRITE TO US:

American Heart Association  
National Center 7272 Greenville Avenue  
Dallas, TX 75231

[Unsubscribe](#) | [Privacy Policy](#) | [Ethics Policy](#) | [Conflict of Interest Policy](#) | [View in Browser](#)

© 2024 American Heart Association Inc. - also known as the Heart Fund. All rights reserved.  
Unauthorized use prohibited. The American Heart Association is a qualified 501(c)(3) tax-exempt organization.