



Transforming Your Classroom, and Your Life, in Three Steps

part of The Rodgers Family
Meditation Program



Thursday, March 19, 26, 2020

5:15 PM – 6:15 PM

A program designed for schoolteachers. Imagine being the best version of you, even when life is hard. Learn to embrace and navigate challenges by practicing gratitude, mindfulness and meditation. It's all about perspective. Change your lens, change your mind. Better yet, change your lens, master your mind. Join me on this journey of inner transformation and show up in your life and classroom in a new way. Each week's class will focus on different material, but are not prerequisites for the next class. Participants can attend individual classes or the two-class series.

INSTRUCTOR: Stefanie Dunnigan, M.S. Ed.,
Fifth Grade Teacher

FEE: \$20 per class. Prepayment and preregistration is required. Please indicate which grade level(s) you teach when you register.

REGISTRATION: Call 201-608-2377,
email grafcenter@ehmchealth.org
or visit englewoodhealth.org/graf.

LOCATION: Graf Center for Integrative
Medicine, Englewood Health,
350 Engle Street, Englewood, NJ.
Free valet parking.

