



MASSACHUSETTS INTERSCHOLASTIC
ATHLETIC ASSOCIATION



Who Should Attend? School Administrators, Wellness Coordinators, Athletic Directors, Teachers, Club Advisors, Guidance Counselors, Nurses, Coaches and anyone interested in learning more about effective model programs and best practices in wellness

Wellness Educator Showcase



Friday, March 15, 2019

at the MIAA Office
Franklin, MA

Registration: 8:00am

Workshop Time: 8:30am–1:30pm

Fee: \$40 per person

Featured Presentations:

Mindfulness: [Debbie Lyn Toomey](#), *Ultimate Healing Journey*

Fighting Back with Resiliency: [Mark Altman](#), *MindSetGo*

Best Practices in Wellness: [Kristin Letendre/Kate Casey](#)

Teen Mental Health: [Michelle Drolsbough](#), *Minding Your Mind*

Empowering Teens: [Erin Mahoney](#), *Girl Power Go*

Building Healthy Relationships: [Jeff LaCure](#)

Reducing Eating Disorders: [Fiona LaRosa-Waters](#), *Walden Behavioral Care*

A Mother's Journey: [Lisa Brodeur](#)

Navigating Quicksand: [Ashley Gustafson](#)

Substance Use and Abuse: [Tom Hermanowski](#), *ADAPT Consultants*

There is a 72-hour cancellation policy for this program.
Please direct all billing questions to the MIAA accounting department.

A workshop offered under the Wellness Pillar of the MIAA Educational Athletics Curriculum

WELLNESS

REGISTER ONLINE

5 PD Hours

contact: cbohmiller@miaa.net

EDUCATIONAL ATHLETICS

MIAA | 33 Forge Pkwy | Franklin, MA 02038 | 508-541-7997

