

CARDON ACADEMY OF TEACHING EXCELLENCE

**PRIORITIZE
WELLNESS:**

THE SCIENCE AND PRACTICE
OF MIND BODY SKILLS

FEBRUARY 21, 2024
1-3 PM
ENR2 S225

SPRING WORKSHOP

Ryan Daily, Director of Student Wellness Initiatives in CALES & **Dr. Noshene Ranjbar** from the Mind Body Health Institute will present strategies for self-care for faculty/staff. Participants will walk away with tangible skills/practices they can implement to help promote wellness for themselves and their students.

LINKS FOR DR. RANJBAR:
MEDICINE.ARIZONA.EDU &
PSYCHIATRY.ARIZONA.EDU

LINK FOR RYAN
DAILY:
CALES.ARIZONA.
EDU

REGISTER:

