

# TRANQUIL TUESDAYS

**JOIN US FOR A FREE WELLNESS SERIES FOCUSED ON IMPROVING YOUR PHYSICAL AND MENTAL HEALTH AND WELL-BEING**

**4-5:30PM @ THE O/N BOCES CONFERENCE CENTER**

**REGISTER HERE & WEAR COMFORTABLE CLOTHING**

## **REDUCE STRESS AND BOOST MOOD / UNPLUG & RECONNECT - 1/13/26**

This workshop explores simple, practical strategies to reduce stress, boost mood, and improve social well-being by adopting healthy lifestyle habits and unplugging from technology to reconnect with others. Jared Byer

## **CHANGE YOUR MIND / MOVEMENT MEDICINE - 2/10/26**

This combined workshop introduces practical, science-based strategies to enhance brain health, improve mood, and boost physical well-being through the mind-body connection, neuroplasticity, and simple movement-focused lifestyle habits. Jared Byer

## **MINDFUL GRATITUDE JOURNALING FOR STRESS RELIEF - 3/10/26**

This experiential workshop introduces teachers to journaling as a simple, effective mindfulness practice that supports stress relief, nervous system regulation, and daily resilience. Nicole Lamantia

## **NUTRITION AND EXERCISE: MORE THAN JUST WEIGHT LOSS 3/24/26**

This workshop helps educators improve health and energy by teaching practical nutrition strategies & the wide-ranging benefits of strength & cardiovascular exercise. Matt Heyd

## **MAXIMIZING TEACHING & LEARNING W/MINDFULNESS & MOVEMENT 4/21/26**

This interactive workshop teaches simple, inclusive mindful-movement and breathing techniques that reduce stress, improve focus, and offer practical self-care tools for the school day. Mari Fox

## **USE MOVEMENT TO ENHANCE LEARNING/BREATHING FOR YOUR BRAIN & BODY 5/5/26**

Learn how to boost learning, energy, and focus in the classroom through simple movement & targeted breathing exercises to support brain & body performance. Matt Heyd

## **SOMATIC MOVEMENT PRACTICES IN AND OUT OF THE CLASSROOM 5/19/26**

Discover simple somatic movements to reduce tension, boost focus, and energize or calm both you and your students. Nicole Lamantia

## **DESK YOGA & SELF-CARE FOR POSITIVE IMPACTS ON WORK & LIFE 6/9/26**

Enjoy gentle, accessible Chair Yoga with breathwork and mindful activities that relieve stress, boost focus, and support healthy self-care throughout the workday. Mari Fox

**YOU CAN EARN 15 CTLE HOURS BY COMPLETING 6 SESSIONS, SELF-REFLECTIONS, AND A CULMINATING ACTIVITY.**

**ORLEANS-NIAGARA TEACHER CENTER**

