



SAVE THE DATE

Union County Education Association Professional Development Workshop

“Stress”

This workshop may qualify for PD hours!

Tuesday March 2nd, 2010

Time: 4 to 6 pm

Description: Stress: The Modern Epidemic. The program will help the participants to: Understand the Stress Response and how it affects the body. Practice methods for preventing or reducing Stress. Deep Relaxation techniques, Focused breathing, Mini-relaxations: Portable stress reduction.

Crowne Plaza Hotel: 36 Valley Road Clark NJ, 07066 **From the South:** Garden St Pkwy to exit 135, stay straight to the traffic light and make a right. At your second exit make a right. The hotel is on the left. **From the North:** Garden St Pkwy to exit 135, go straight to the second traffic light and make a left. Go through the next light and take the second exit to the right. The hotel is on the left.

Registration: A \$10.00 deposit is required with your registration. Each workshop requires a separate \$10.00 check per person. Send your check made out to UCEA, along with Your Name, District, Home Phone & Work Phone number to the UCEA office (address above). Deposits will be returned at the end of your workshop or if you cancel within 3 business days prior to workshop.

In order to receive a certificate, **you must arrive on time and remain till the end.**

