

THE CINCINNATI FEDERATION OF TEACHERS
PRESENTS

COLORING
AS AN APPROACH TO
SELF-CARE

Thursday, August 21th
4:15-5:15pm

Via Zoom videoconferencing

THIS VIRTUAL PD SESSION IS DESIGNED TO EDUCATE MEMBERS ON THE IMPORTANCE OF SELF-CARE, PROVIDE INFORMATION ON RESOURCES THAT ARE AVAILABLE, AND INTRODUCE THEM TO A UNIQUE APPROACH TO RELAXING THEIR MIND.

**SPACE IS LIMITED! USE THIS LINK TO
REGISTER BEFORE TUESDAY AUGUST 25TH:**

<https://leadernet.aft.org/webform/coloring-approach-self-care>