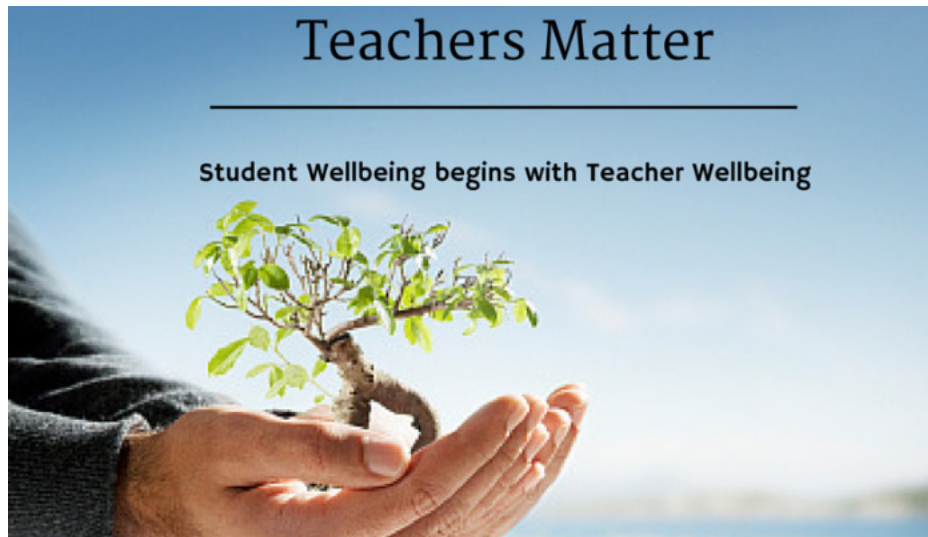


East Central – EIU Reading Council Meeting

“Fight Burnout with Self-Care”

Presenter: Dr. Alexis Jones (EIU)



Self-care is not selfish! Teaching can be a complex and emotionally complicated profession. Rather than constantly putting yourself aside to care for your students, learn some reasons why teaching might be wearing you out, how to set appropriate and professional boundaries, and how to focus on your own health and wellness. Practical strategies will be provided.

MOVED TO: Tuesday, November 15, 2022

from 5:00 – 6:00 p.m.

Eastern Illinois University

Buzzard Hall 1103

Free Admittance!

There will be a book drawing!

<http://www.eiu.edu/~reading>

Teachers will receive 1 CPDH and can pre-register, or sign-in on arrival. <https://forms.gle/ntQJYVYSLq7tnAi66>.
Teacher candidates will receive a certificate, and do **not** need to pre-register.