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## **CTA Workshop Opportunity - Educator Self-Care/Immunity During COVID**

You are invited to attend a Self-Care workshop during Covid. To register or for more information please go to the link below. Please register ASAP, workshops fill up fast!

The COVID-19 pandemic has put a spotlight on wellness in our country, particularly how the healthcare system is designed to focus on crisis care but not preventative care to keep us “well”. It’s so important that we be role models of wellness, not only for ourselves and loved ones but our students, too. We’ll explore concepts of Integrated Nutrition, touching on food but also “primary foods” that nourish us, like physical activity, home cooking, joy, social life and creativity. We will focus on strengthening immunity through the gut microbiome, bio-individuality and how to find what works for YOU. Overall wellness and feeling good is our goal! Recipes geared toward educators busy lives will also be included.

**PRESENTER:** Wendy Lockhart, CTA Staff **WHEN:** Tuesday, February 5, 2021  
**TIME:** 4:30 p.m. - 6:00 p.m. **WHERE:** Virtual Workshop - Link will be emailed

certification.



[Link to Register](#)



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