



*Celebrating 50 Years in 2021*  
We invite you to be a part  
of the 50th Anniversary year!



PROUDLY SUPPORTING  
EDUCATORS FOR 50 YEARS  
*Advocating to Provide Quality Education for ALL Students!*

**STRESS LESS TO BE  
YOUR BEST**

**Thurs., January 14, 2021  
3-4 pm**

**Presenter Monica Smith**  
**Owner MINDFUL ENDEVOURS, LLC**  
**[www.stresslightly.com](http://www.stresslightly.com)**

We will explore stress on a physical and emotional level as it relates to language, mindset, and strategies to implement that will allow us to stress-less always keeping in mind that practice makes progress. This is particularly important as we have found ourselves in the position of increasing our virtual experience which at times can be isolating socially.

Join Monica online on  
Thursday, January 14th, at 3pm by  
**[CLICKING HERE](#)** or go to:  
<https://bit.ly/3mwPpfa>

NYSCEA is proud to offer Professional Development opportunities for you **AND** your association members, as a way to show appreciation and understanding of all your hard work!

*\*Please forward this flyer to everyone in your association\**

**SAVE THE DATE**

**March 11, 2021 3 - 4 pm**

*\*CTLE certificates will be available to those that attend, and complete the request form.*