



School of
Continuing Education &
Workforce Development
Wayne County Community College District

In partnership with

MICHIGAN STATE UNIVERSITY | Extension

Beaumont

Mindfulness for Educators Professional Development

The Mindfulness for Educators Professional Development was created by Michigan State University Extension for educators interested in exploring the benefits of bringing mindfulness into their classroom setting.

Research has shown improvements for both educators and students when implementing mindfulness in the classroom.

(Liehr & Diaz, 2010)

During this workshop, participants will gain an understanding about mindfulness, best practices and planning in school curricula.

Saturday
May 11, 2019
9:00 A.M. – 1:00 P.M.

Mary Ellen Stempfle University Center
Center for Learning Technology
19191 Vernier Road
Harper Woods, MI 48225