

**Take
care of your
Mental Wellness!**

Maine School Wellness Summit *Life is Good, **Wellness** Makes It Better!*

June 25 & 26 at Bates College, Lewiston

[Register TODAY](#)

Engaging workshops:
Personal Wellness for
Staff and Students &
Healthy School Climate!

Refill your wellness toolbox with tools (strategies, resources, and programs) to build an action plan for healthier staff, students and school environments starting with two outstanding educators each day:



June 25th OPENING KEYNOTE: **Murray Banks** is a motivational speaker and world champion athlete with roots in teaching school. He lives life with a passion for health and well-being every day. This year he will focus his message on the importance of positivity on one's overall health using hilarious images, imaginative videos, and poignant classroom and personal stories that will inspire all of us.



June 26th OPENING KEYNOTE: **George Manning** returns to the Wellness Summit with more tools, resources and insights focused on life, work and the pursuit of balance. He will engage the audience with his enchanting personality and stories that come from more than 40 years of experience teaching psychology at the collegiate level and traveling the country helping organizations and businesses develop healthy and productive work environments.

As is tradition, the conference will offer sessions that address the Physical-Emotional-Mental-Social-Spiritual and Occupational dimensions of health with a special emphasis this year on Mental Wellness for all!



[Click here for up-to-date details about the 2019 Maine School Wellness Summit and updated information.](#)

The goal of the Summit is to prepare and empower participants to create healthy, positive and safe schools for all school personnel and students by promoting policies and environmental practices that support healthier schools, improve personal health and well-being, and enhance academic achievement. This year's agenda includes...

Inspiring Keynote Presentations from the world of education

Engaging Workshops on Personal Wellness Practices and Positive School Environments

Wellness Focused Networking Wellness Galleria of Ideas Leadership Skills Worksite Wellness Program Planning

NETWORK! – NETWORK! – NETWORK! - NETWORK! – NETWORK! – NETWORK!

Time is built into the schedule to network with colleagues and professionals from across the state who value schoolsite health promotion and wellness.

- When: Tuesday, June 25 from 8:30 a.m. – 5:10 p.m.
Wednesday, June 26 from 8:00 a.m. – 4:15 p.m.
- Where: Bates College, Lewiston
- Who: Individuals and Teams interested in Schoolsite Health Promotion
- Cost: Full price registration May 1 – June 15 - \$125/person for two days
Full price registration May 1 – June 15 - \$75/person for one day
Late registrations after June 15 - \$135/person for two days
Late registrations after June 15 - \$85/person for one day

**FABULOUS
FOOD!**

Morning refreshments and lunch included in all registrations served by the multi-award winning [Bates College Dining Service](#).

Accommodations are on your own. Bates College has dormitory rooms for very low cost. Confirmation emails will include information for Bates College as well as a list of area hotels honoring the government rate of \$93 per night for conference attendees.

Join us for another fully engaging and educational Wellness Summit, a component of the Maine Schoolsite Health Promotion Program, a program of the Maine Department of Education!