

Paper Speaker Series

PAPER

Session 1: Practicing Wellness

Join us for a discussion with Mandy Froehlich on Wednesday, October 27th, 2021 at 3 PM PST.



Mandy Froehlich

Educator, Consultant, and Author

- The many dimensions of wellness
- Wellness during the pandemic
- Self-care and boundary creation as an educator
- Mindfulness and emotion tracking

Register for free [here](#)

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