



# 1-2-3 Wellness™ Lunch & Learn

with



**Thursday, April 30, 2020 – Conference Room #2**

**Noon – 1:30 PM**

**Location: North County Regional Education Center (NCREC)  
255 Pico Avenue, San Marcos, CA 92069**

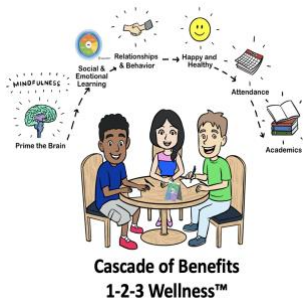


*Dr. Drew Schwartz began his career as a special education teacher and has been honored to work with hundreds of schools nationally as a consultant, coach and speaker. Drew earned his master's degree in Israel in conflict resolution in 2010 and, more recently, an Ed.D through the JDP program offered at UCSD and CSUSM in 2019. His dissertation was focused on helping schools "Reimagine Wellbeing". The research found statistically significant results in the 1-2-3 Wellness program which is a holistic, brain-based program supporting student and educator wellbeing, SEL, mindfulness, behavior and academics together. Drew's work takes a strengths-based, holistic approach to help learners thrive. To learn more: [www.drewschwartz.com](http://www.drewschwartz.com)*

Did you know that cutting-edge brain research suggests that the conventional approach to teaching used today is completely counter to the way student's brains are built?

In this lunch and learn, we will discover:

- What the conventional approach to teaching misses
- What approach to learning the brain is built for (and craving)
- A brain-based program researched at UCSD, 1-2-3 Wellness™, which primes learner's brains to significantly improve social and emotion learning, mindfulness, behavior and academic outcomes.



**Audience:** All SCPDF Members

**Cost:** No Cost – Lunch provided

**Register:** <http://sdcoe.k12oms.org/1020-182097>