

PSEA Southern Region IPD Professional Development Committee presents:

Defining Self-Care as a Sustainable Resource both Personally and Professionally

presented by Katie Barrett,
York Suburban EA Member

www.psea.org/sr/ipdrcpe

April 4, 2024

Registration/Dinner: 5:00 pm

Program: 5:30 pm

- *Bring a Blanket or Yoga Mat*
- **Min. 20 Participants for session to occur**
- **Registration/Cancellation by 3.27.24**

PSEA Southern Region Office
4750 Delbrook Rd-Suite 100
Mechanicsburg, PA 17050

