

Save the Date!

Administrative Professionals Conference 2018

Healthy Minds at Our Best: Wellbeing through Mindfulness

Tuesday, September 11, 2018

8:00 am to 11:50 am

Briggs and Stratton Auditorium
Children's Hospital of Wisconsin
Breakfast and check-in at 8:00 am
Program begins promptly at 8:30 am



Each year, feedback from the Administrative Professionals Conference affirms strong interest in the topics of self-care, coping and rebounding.

Behavioral science and neuroscience research proves wellbeing can be learned and achieved. It also shows one key to growing this state of being is mindfulness; the capacity to be fully present, in charge of one's emotions, and engaged with the world in an open, accepting way.

Please plan to join us in order to learn and practice mindfulness skills proven to enhance your wellbeing and your professional capabilities.

Registration:

Space is limited. Mark your calendars! Registration will open **July 9, 2018**. Visit www.maxishare.com/conferences. Please contact Julie Turkoske at jturkoske@chw.org or 414-337-7716 with registration or other event questions.

Please confirm your availability and back up coverage with your leader prior to registering for the conference.



Kids deserve the best.