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# MINDFULNESS WORKSHOP

**Presented by: Liz Guerra**

*AFT CT Field Rep*

**January 22, 2019**

**(TUESDAY)**

**5-7pm**

**Soifer Room @ AFT CT**

There is a critical connection between employee well-being and on-the-job performance. This course will teach union members how to put their well-being first, in an effort to create the best environments at work and at home. Using various meditation and breathing techniques, participants will be equipped with tools to work through stressful work environments and how to bring these tools into their workplaces.

**Light dinner will be served.**

Register online at  
**<https://leadernet.aft.org/webform/mindfulness>**  
or call the office at 860-257-9782