



# NEA ESP LEARNING NETWORK

A virtual learning opportunity for education support professionals.

WEBINAR:

## Our Bodies: Are We Paying Attention to the Signals?

Thursday, January 20, 2022

7:00–8:30 PM ET

Register: [nea.org/esppdwebinars](https://nea.org/esppdwebinars)



Our lifestyle, environment, and bodies are trying to tell us something. Mental health and physiological health go hand in hand, and there are many lifelong and recent factors that impact both, including external stressors, toxic systems, habits, and more that have been either activated or exacerbated by the pandemic. In this webinar, we will examine the risk factors and resulting health problems that educators are experiencing, as well as provide strategies to improve personal health and mental well-being.

For more ESP professional development opportunities, visit [nea.org/esppd](https://nea.org/esppd)

Questions? Contact Jessica Brinkley at [jbrinkley@nea.org](mailto:jbrinkley@nea.org)

