



Weekly Wellness Workshops

AP for ALL is partnering with [Learning Innovation Catalyst \(LINC\)](#) to offer 30-minute workshops with YOU in mind. During our wellness workshops, you'll connect with colleagues across the city as you learn and share strategies that support your personal wellbeing at school and beyond.

All sessions are offered at
10:30-11am and 1:30-2pm on
Tuesdays beginning March 22nd.

You deserve a moment to recenter. Treat yourself by signing up for as many drop-in sessions as you'd like:

[AM session registration link](#)

[PM session registration link](#)

March 22: Rethinking Rest
April 5: Reclaiming Your Time
April 12: Rhythms & Routines
April 26: Planning for Your Reset

