

# Intradistrict Communication

DATE: February 26, 2025

TO: All Administrators

FROM: Michael Anderson, Associate Superintendent  
Travis Hamblin, Director of Student Services  
McKinley Withers, Health and Wellness Consultant

SUBJECT: Employee Wellness Booster PD offering on March 14, 2025

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On March 14, 2025 the Wellness Team will be hosting a “Wellness Booster” professional development workshop is open to ALL employees on PD Day. Participants will be eligible for professional development credit.

This workshop will be held at Juniper Elementary, in the Tech Atrium, from 1:30-3:00 pm.

In honor of Pie Day (3.14), we will be teaching skills for **PIE: Presence, Inner Awareness, and Emotion Regulation**. The strategies taught are for employees to use in their personal and professional life. All employee types are invited to this hands-on wellness learning experience focused on cultivating one’s skills. PD credit and dessert pie will be offered!

Please share the attached flyer.