

Project BLEND Presents:

# HeartMath® Connected Communication Building Your Resilience Advantage™

with **Dr. David Parisian**



## The Red Mill Inn

4 Syracuse St  
Baldwinsville, NY 13027  
(315) 635-4871

Wednesday

**July 12, 2017**

6:00pm-8:00pm

Thursday

**July 13, 2017**

9:00am-4:00pm



## Project BLEND

Department of  
Educational  
Administration

SUNY Oswego  
306 Park Hall  
Oswego, NY 13126

Dr. David Parisian has been an educator for over 32 years, serving as a classroom science teacher, an administrator and adjunct professor. He is presently a Visiting Assistant Professor at SUNY Oswego in the Department of Curriculum and Instruction and is a HeartMath® Certified Trainer and a One on One provider. This HeartMath® workshop will teach strategies to improve resiliency in your everyday world. Throughout the day you will have the opportunity to interact, lead, and reflect on the topics of resiliency and how this organization's various tools and techniques can assist you to better manage your emotions and energy expenditures.



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