

# HEARTMATH: THE SCIENCE OF RESILIENCY AND SELF-REGULATION

MARCH 31<sup>ST</sup>: 6:00 – 8:00 PM



Presented by **Dr. David Parisian**, Certified HeartMath® Trainer



PROJECT BLEND: *EnCoRe*

Workshop will take place in Room **129** at the **SUNY Oswego Metro Center**. Sponsored by Project BLEND (*Building Leadership Excellence for Needs-based Districts*) through the support of NYSED and the Research Foundation of SUNY.