

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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