

WALDEN  
UNIVERSITY

SET A COURSE FOR CHANGE™

# MEDITATE AND APPRECIATE

CELEBRATE TEACHER APPRECIATION WEEK

As an educator, administrator, or support staff, **you make a world of difference.**

This year, Walden wants to help make your days **less mind full and more mindful** by offering mindfulness support and professional development to uplift you and your school community.

## ENTER TO WIN!

Enter to win a **Really Good Stuff Mindfulness Meditation Zone** for your classroom!\*

And, for each entry, **Walden will donate \$1 to the National Alliance on Mental Illness** (up to 1000 entries), the nation's largest grassroots mental health organization.



Enter today:



\*Walden's Give and Receive Mindfulness Sweepstakes runs from May 1, 2023, through May 31, 2023, and is sponsored by Walden University: 100 Washington Avenue South, Suite 1210, Minneapolis, MN 55401. Prize winners will receive a mindfulness meditation zone kit. Approximate retail value \$244. Odds may vary based on number of entries received. No purchase necessary. Limit one entry per person. Terms and conditions apply. Void where prohibited. Visit [https://waldenu.formstack.com/forms/mindfulnesszone\\_rules](https://waldenu.formstack.com/forms/mindfulnesszone_rules) to review the complete rules.

\*Applies to new or readmitted students who begin an eligible Walden University program before June 30, 2023. Specific savings amount and application of tuition-free savings may vary by program. Visit [www.WaldenU.edu/financial-aid/grants-and-scholarships-details](http://www.WaldenU.edu/financial-aid/grants-and-scholarships-details) for more information.

Walden University is accredited by The Higher Learning Commission, [www.hlcommission.org](http://www.hlcommission.org).

# JOIN US FOR A WEBINAR ON SOCIAL EMOTIONAL LEARNING

Walden joins you in celebrating early learning, young children, teachers, families, and communities.

Every day, you support the academic and emotional growth of your students. Walden wants to support you with a webinar that will help you make your classroom an inclusive space where your students' social and emotional needs are met.

▶ WEBINAR

CALM HEART,  
CLEAR MINDS,  
LET'S LEARN!

PRESENTED BY:  
MONIQUE WATERS KIRKLAND

Learn how to include social and emotional learning, mindfulness, and emotional awareness while prioritizing your students' mental health in your classroom.

REGISTER TODAY!



Receive up to \$16,818 in tuition savings on your BS in elementary education†

Our new Believe and Achieve Scholarship™ allows you to shrink your tuition costs as you progress through your program. Save on your tuition and take the next step in your journey.

Request information to learn more at [Waldenu.edu/CCSD](https://Waldenu.edu/CCSD).