



March 28, 2024

Secretary-Treasurers

Dear Sisters, Brothers, and Friends:

Subject: Staying Steady Under Pressure

HEU is offering a workshop that will teach members techniques on how to reduce the physical impact of stress on the body.

In this workshop members will:

- Learn about the body's instinctive responses to stress
- Learn to identify earlier cues of stress
- Practice simple techniques to relieve tension as it arises (other than breathing)
- Have the opportunity to connect and learn with HEU members.

The workshop schedule is as follows:

WORKSHOP DATE	LOCATION	DEADLINE
June 4, 2024	HEU Provincial Office	April 30, 2024
June 6, 2024	HEU Provincial Office	May 2, 2024
Oct 3, 2024	HEU Provincial Office	August 22, 2024

Completed applications should be addressed to the attention of Education and submitted by email to education@heu.org or fax 604-739-1510. Alternatively, an online fillable form is available on our website at www.heu.org.

We will contact successful applicants by email to confirm further details. Once applicants have been notified, they will be required to apply for leave of absence for union business.

If you should have any questions regarding this workshop, please email the education department at education@heu.org.

In solidarity,



Lynn Bueckert

Interim Secretary-Business Manager

Attachment

cc: Chairpersons
Reps and Directors
Provincial Executive