

We HISD Teachers and Employees!

Register today for this complimentary **“Find Your Balance”** virtual event that’s exclusively for HISD employees and teachers.

When: Tuesday, October 20 at 4:30 p.m.

Where: From your mobile device

 **Kelsey-Seybold Clinic®**

Changing the way health cares.™

Register at kelsey-seybold.com/FindYourBalance.

FIND *Your* BALANCE

brought to you by
 Kelsey-Seybold Clinic®

Tuesday, October 20 at 4:30 p.m.

Please join us for a special and inspiring online program to support HISD teachers and staff during this unique and challenging school year. We know you work hard and **we support you!**



Deb Kern, Ph.D.
Life Coach, Wellness, and
Empowerment Speaker

This special online program will be led by wellness and life coach (and former teacher) Deb Kern, Ph.D., who will show you:

- Special stress-reducing breathing techniques.
- Morning and evening rituals to balance mind, body, and spirit.
- Energy clearing and boosting practices for releasing pent-up energy and emotions.
- Immune-boosting drinks you can mix and sip all day.

Register at:

kelsey-seybold.com/FindYourBalance

We will draw names at the end of the program for several amazing door prizes!

 **Kelsey-Seybold Clinic®**

Administrative Offices

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