



NCAEYC cares deeply about the well-being of early childhood education professionals. We invite you to join us for a very special, interactive self-care webinar on:

**FRIDAY, APRIL 3<sup>RD</sup>**  
**1:00 PM – 2:00 PM**

Bring pen and paper/journal to the webinar to capture your reflections and goals that you can begin using immediately to help you be well.

NCAEYC's **Wellness Way** initiative is designed to promote and inspire well-being of early childhood education professionals through helpful resources and opportunities to connect to an encouraging network.

Research and experience tell us that we should *"take care of ourselves so we can take care of others."*

Personal and professional well-being are critical now more than ever. **Register today for this impactful webinar.**

## What Do I Need Right Now More Than Anything Else: A Self-Care Check-In During Uncertain Times

Attendees must register in advance for this meeting and space is limited so RSVP right away.

**Friday, April 3, 2020**  
**1:00 PM – 2:00 PM EST**

Register at:  
[bit.ly/WellnessWayFriday](https://bit.ly/WellnessWayFriday)

After registering, you will receive a confirmation email containing information about joining the meeting.

In our roles as early childhood education professionals the challenges of the COVID-19 (coronavirus) have had a significant impact on you individually and our field as a whole. These are unprecedented times and the physical and psychological impact are significant. With *What Do I Need Right Now More Than Anything Else*, we are offering you the opportunity to slow down and check-in with what you are experiencing, be guided in some self-calming practices, find solace in a community who understands what you are experiencing, and discern what it is that you need right now while making a simple plan to offer yourself care. Led by [Rosie Molinary](#) and sponsored by the Blue Cross and Blue Shield of North Carolina Foundation. **Please have a pen and journal/paper available.**

### MEET OUR WEBINAR LEADER, ROSIE MOLINARY



**ROSIE MOLINARY** As a radical self-acceptance champion, Rosie Molinary, MFA, uses profound questions and wholehearted connection to empower people to treat themselves well so they can connect with their talents and passions to authentically and intentionally live their purpose and help heal the world.

The author of *Beautiful You: A Daily Guide to Radical Self Acceptance* and *Hijas Americanas: Beauty, Body Image, and Growing Up Latina*, Rosie teaches at the University of North Carolina- Charlotte, serves as a Dove Self-Esteem Project educator, offers workshops and retreats, and speaks nationally on self-acceptance, body image, self-care, media literacy, and the Latina experience. Through workshop and retreat facilitation and consultation, Rosie also serves as a creative catalyst to companies that wish to provide a synergistic, empowered and soulful experience to their clients and employees as they serve the world.

Thank you to our sponsor **Blue Cross Blue Shield North Carolina Foundation**

