

MCTE 2025 Spring Conference

Presenter Notes



Session title: *Teacher Wellness 101*

Teachers will learn about various dimensions of wellness (physical, mental/emotional, social, occupational, and spiritual) and practice strategies to increase vitality in and out of the classroom. Come ready to explore some positive choices for enhancing your overall well-being!

Presenter/s: Dr. Susan Decker - Martin Luther College, NASM

Presenter notes:

(attach links to presentations or resources, insert text here)