

Join the EPC's parent education virtual event

FIND YOUR CALM IN THE CHAOS

How to stay grounded during uncertain times



Chad McGehee

**Director of Meditation Training
UW Athletic Dept**

The pandemic, social turmoil, the election...it's all too much sometimes. It's hard for us as parents to process it all, and hard for us to help our kids process it. Chad McGehee will help us focus on being grounded in our core values, grounded in the good and grounded in the present. Using meditation practices he created for professional athletes, UW Badger athletes, law enforcement, educators and students, Chad will help us focus on noticing the good and finding the calm in our chaos during turbulent times.

Tuesday, Nov 10, 2020

7:00 pm

<https://zoom.us/join>

Meeting ID: 816 4293 4091

Passcode: 162168