

Calm in the Chaos

As we prepare for the busy and sometimes hectic summer season, we all need tools and reminders to re-center and find calm in our day. We will provide a welcoming and useful approach to stress management that can be implemented in your work environment using breath work, your body and your mind to reset. Refuel with a beneficial snack and toast to your calm in the chaos.

- Intention Setting
- Stress Management in the Workplace
- Chair Yoga
- Blueprint to Thrive
- Energy Bites / Trail Mix



*Kombucha / Champagne
toast to the start of summer
& caring for yourself*

Monday, March 24

CEU 0.1

Conference attendees:

Meet back in Coralville at The Iowa Athletic Club at 6:00 PM for the Monday evening social to kick off spring conference

WHERE
GOES
FOCUS
ENERGY
FLOWS

1:00 - 4:00 PM



NORTH RIDGE PAVILION

2250 Holiday Road, Coralville

Registration Deadline:

Monday, March 17

Register Here

There is no charge for this event. This is a complimentary feature of your IPRA membership.

This event is open to all individuals affiliated with a department or commercial organization that has at least one staff member who holds an IPRA membership.

***Pre-registration is required*

You do not have to be registered for conference to attend this event