

# Exhausted from COVID-19 & Its effects?



## Come Jump on the “Energy Bus” & Get Recharged!

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We are all feeling the stress from COVID-19 and its effects. One means to combat stress is positive energy. Come hear Dr. Kelly Stewart present the message of Jon Gordon's book, *The Energy Bus*, with focus on the importance of positivity in all endeavors.

### FEATURING

Dr. Kelly Stewart, Assistant Professor of Education, McKendree University, Lebanon, IL. Dr. Stewart is the former Superintendent at Benton Consolidated High School & 2014 Illinois Association of School Administrators Superintendent of the year.

#### **When:**

February 12, 2021  
1pm – 2pm

#### **Where:**

Virtual Platform  
Zoom link will be  
provided

#### **Who should attend?**

General Education  
Teachers, Special  
Education Teachers,  
Paraprofessionals,  
Social Workers, School  
Nurses, SLPs, OTs,  
Psychologists,  
Administrators, and  
anyone who works with  
children.

1 professional  
development credit  
or  
1 social work continuing  
education unit  
available

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