

# fill YOUR CUP

## Coffee & Wellness Talks: Nourishing Teachers

Date: Sunday, April 21, 2024

Time: 13:30-15:30

Location: Location: JR Fukui Station—AOSSA—RM 603

Indulge in a cup of coffee, tea, and snacks while we explore strategies for fostering well-being in the teaching journey. Join us for a comforting chat where we'll navigate the challenges and celebrate the triumphs together!



To secure your spot as a presenter or participant, email Wayne Malcolm at: [wamalcolmjalt2008@gmail.com](mailto:wamalcolmjalt2008@gmail.com). See you on Sunday, April 21!

COST:

FREE for JALT Members

500 yen for Non-JALT Members (Pay at the venue)