

**FAR WEST TEACHER CENTER NETWORK  
PRESENTS**

**EDUCATOR  
WELLNESS  
INSTITUTE  
2026**



**SATURDAY, MARCH  
28TH, 2026**

**9:00 AM-3:00 PM**

REGISTRATION OPENS AT 8:30

**HILBERT COLLEGE**

**5200 SOUTH PARK AVENUE**

**HAMBURG, NY 14075**

**THE EVENT INCLUDES A  
KEYNOTE, BREAKOUT  
SESSIONS, LUNCH (ON YOUR  
OWN), AND PRIZE GIVEAWAYS!**



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QR code  
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**5 Hours of CTLE Credit**

**KEYNOTES**

**Jon Erwin** Teacher Center of WNY Director, Author, and Educational Consultant

In his keynote, "*Life Is a Balancing Act*," Erwin introduces and defines the **Five Dimensions of Wellness** and explains how effectively addressing each dimension results in better health, increased emotional wellness, stronger relationships, and improved performance. Jon will conclude the day by helping participants develop meaningful action steps based on the day's learning and establish accountability for follow-through.



**Glenn Colton** Educator and Performing Artist



Glenn's fully interactive Keynote, "**Music on Purpose: Become a 'Mood Wizard' in your classroom**," will feature original music, stories, and humor to demonstrate how music can shape the emotional climate in real time. Participants will experience firsthand how to set a shared starting point for their classrooms, connect students to the energy they need, and create moments that help students flourish. By the conclusion, educators will leave equipped, inspired, and confident to use music purposefully...becoming true "mood wizards" in their classrooms every day.

**Sessions**

Attend up to 4 of these great sessions

- Anxiety Relief for Teens and Teachers
- Anyone Can Drum for Health and Wellness
- Best Health Insurance
- Designing Your Life: Guided Journaling for Clarity, Inspiration, and Motivation
- Educator SelfCare
- Emotional Labor in the Classroom
- Ending Silence
- Gentle PiYo Class
- Meditation Through a Sound Bath
- Mindful Art Making
- Mindful Moments in the Classroom
- Navigating Self-Regulation in the Classroom
- Relationship Languages
- Rest and Recovery Strategies to Feel Your Best
- Softening the Edges: Mindfulness Through Wool Painting
- Sound Healing and Journaling for Reflection and Gratitude
- Stigma Free WorkplaceNAMI
- The Power of Play
- Using Movement to Enhance Learning in the Classroom
- Why Weight?
- Your Journal Won't Judge: A Safe Space for Expression and Growth