

MIAA Wellness Summit: "Choose Wellness"



MIAA Wellness Summit

Friday, October 27, 2017

8:00am–1:30pm

DoubleTree Hotel, Westborough, MA

Each year the MIAA Wellness Community gathers to learn and share the most current information in the field, share best practices and celebrate the accomplishments of agencies, school communities and individuals who strive each day to bring wellness to students' lives.

As always, this year's Summit will feature concurrent workshops, resource exhibits, and awards ceremonies celebrating those who exemplify healthy life choices.

Workshop topics include:

- Substance Abuse Prevention
- Teen Mental Health
- Healthy Relationships and Teen Dating Violence
- Team Building and Leadership
- Sports Specialization
- Concussion Safety
- Eating Disorders
- Surviving Life's Obstacles
- Stress Relief and More!

Who should attend:

Team Captains, Student Ambassadors, Student Leaders, Activity Group Officers, School Administrators, Coaches, Nurses, Wellness Coordinators, Athletic Directors, Guidance Counselors, Wellness Educators, Club Advisors, School Resource Officers, PTO's



Cost: \$55 per person

Includes light breakfast, lunch and materials

[Wellness Summit Flyer](#)

[Online Registration](#)

From the 2016 Wellness Summit evaluations:

- *Absolutely wonderful Summit!*
- *Very inspiring and engaging!*
- *Always great speakers and topics to learn about, especially in today's society.*
- *The workshops were great! I had a hard time choosing which ones to attend!*
- *I found the Conference very useful and thought provoking.*
- *One of the best Conferences I've been to during my career!*
- *Wonderful Conference as always!*
- *The Resource tables were an excellent venue for students and educators!*
- *Outstanding presenter, exhibits and extremely well organized!*
- *Wish I had brought more students!*

WELLNESS

An offering under the Wellness Pillar of the MIAA Educational Athletics Curriculum

Massachusetts Interscholastic Athletic Association
Building the Future Through Educational Athletics
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