

Wisconsin Correctional Association



Wisconsin Correctional Association • P.O. Box 8671 • Madison, WI 53708-8671
www.wcatoday.com

Mindfulness – Taking Care of You!

This session is being provided by Paula M Hella, MSE – Counseling

This is a fresh take on a topic that sometimes gets lost with a group of professionals who are focused on taking care of others. This workshop will focus on mindfulness as a strategy to increase wellness. Mindfulness can foster creativity, empathy, and focus. During our time together we will practice a variety of mindfulness techniques and focus on The Dimensions of Wellness, Stress, the National Pandemic, Coping with Stressful Situations, Dealing with Life Changes, and Mindfulness techniques.

WCA encourages you to take advantage of this workshop to spend a morning discussing strategies for managing stress and improving health through mindfulness, practical strategies to help you stay healthy and mindfully cope with the stress not only in your personal life but also in the day-to-day stresses in our field.

Please join us at the Winnebago County Extension on Friday April 4, 2025, from 8:30-12:30. The session fee is free for members and \$40.00 for non-members.

To register, please email me at wcastaterep@wcatoday.com; payment will be cash or check at the event, we will have a current membership list at the event to confirm membership.

Thank you
Charles Brown
WCA State Representative

Location of Event:
Extension Winnebago County
James P. Coughlin Center (JPCC)
625 E. County Road Y, Suite 600
Oshkosh, WI 54901-8131



Paula earned her Master of Science in Education from UW Oshkosh and is a National Board-Certified Counselor. Paula is passionate about providing interactive educational opportunities that assist individuals in building skills that can improve the quality of their lives.