



Maintain the Summer

August 2022

Greetings,

Henry David Thoreau once said, "One must maintain a little bit of summer, even in the middle of winter." As we move into the last weeks of summer, what memories will you keep with you as the days grow cooler and shorter? Perhaps continue to linger outdoors a little longer? Practice self-care and give yourself permission to take a walk, read your favorite novel, perhaps journaling - noting your thoughts, feelings and goals, or look for and notice the beauty in the world.

As we welcome August and reflect on what we hoped to cross off our summer to-do lists, consider what still remains on your list and continue to set goals as the seasons change. For now, let's not push summer aside just yet! Why not sign up for our *Summer STEAM Bundle*, with flexible options for Summer PD?. Think about that early childhood book you've been interested in reading and toss it in your beach bag! Or, if you are considering a new step in your career, [consider joining our team of trainers!](#)

Wherever your end-of-summer journey takes you, we hope it brings you time for peace, reflection, and rejuvenation! We look forward to continuing to work with you as we slowly ease into September:)

Warm regards,
Jody Figuerido, Ph.D.
IEPD President