



# CHIME

CULTIVATING HEALTHY INTENTIONAL  
MINDFUL EDUCATORS

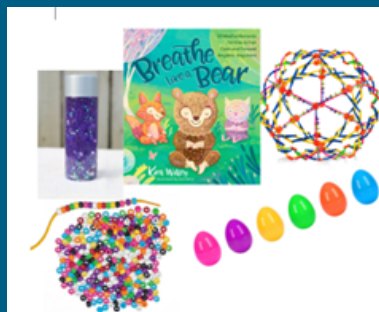
**N**  
**EXTENSION**  
Early Childhood

Education and guidance  
on how to incorporate  
mindfulness and reflective  
practice into your daily  
routine, teaching and  
caregiving.

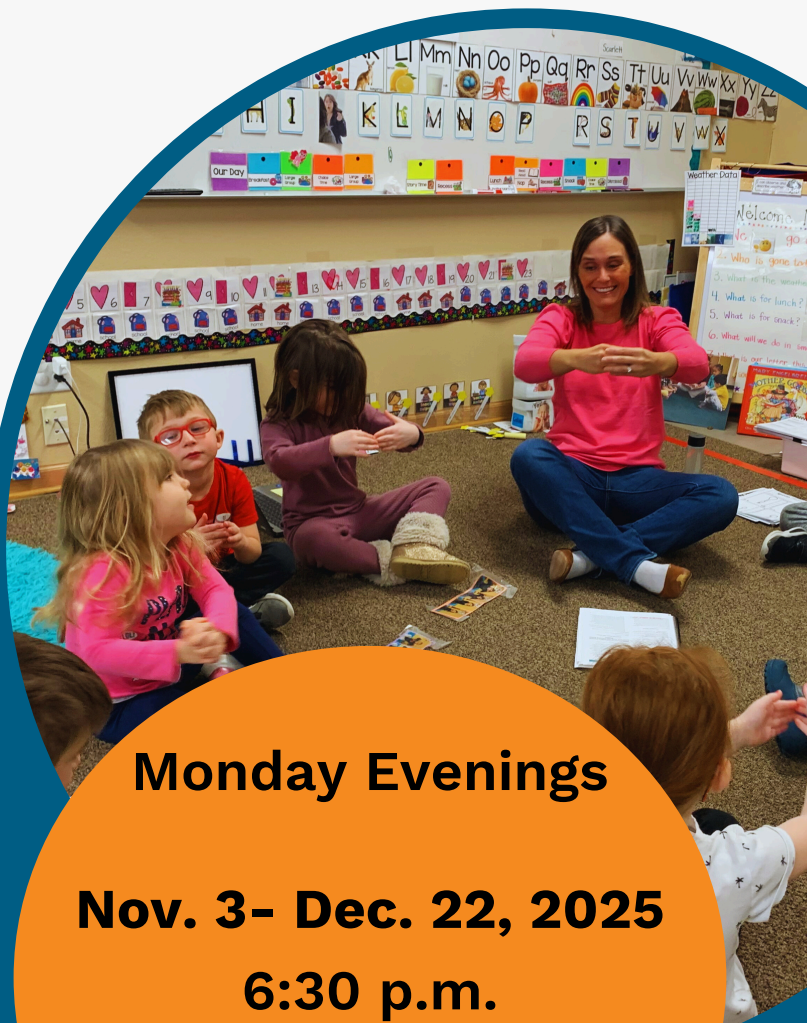
Class for Childcare Providers &  
Teachers of children, infant - pre-K

On-line Zoom Classes  
meet weekly for 8-weeks

**Fee: \$155.00 Includes:**  
**Books & Materials valued at \$90**  
**Earn up to 16 professional**  
**development hours**



**Registration Deadline:**  
**October 6, 2025**



**Monday Evenings**

**Nov. 3- Dec. 22, 2025**

**6:30 p.m.**

<https://go.unl.edu/chimenov3>



Contact Lynn DeVries for more information  
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