

JOHNNY'S HARBORSIDE

"RAISE A GLASS" Fundraiser for Local Teachers!

It is part of the belief at Johnny's that it is important to give back to the community in which we live.

"Children and teachers are near and dear to our hearts and so the program presented by the Institute of HeartMath, we felt, was a perfect fit for our fundraising efforts this fall. This is a program that will keep on giving which makes it even more special."

**Donations will be made for all Ventana wines purchased:
September 10 – January 1**

The Ventana Wine Dinner will be Wednesday, November 4. It will be a six course dinner. We will be joined by Reggie Hammond, the winemaker of Ventana, as well as our friends from the Institute of HeartMath. Look for details on an exciting raffle as well!

**For more details or reservations call 831-479-3430
or email johnnysharborside@comcast.net**



**Johnny's Harborside
"RAISE A GLASS"
Fundraiser will Donate:**

**\$1 for every glass
\$1 for every flight
\$4 for every bottle
of ALL Ventana Wines**

Great wines are made in the vineyard and Ventana has the perfect combination of water, soil, climate, art and science to create superb, world class wines. Their success is evident by the fact that they are the most award winning winery in America!

For more information about Ventana Wines visit www.ventanawines.com



THE RESILIENT EDUCATOR® PROGRAM

Nationally, nearly half of America's teachers drop out of the profession within their first five years. While there are many reasons for so many teachers leaving the classroom, most are related to the high level of stress teachers face.

To address teacher stress the Institute of HeartMath (IHM) has created the Resilient Educator Program. The Resilient Educator teaches educators how to recognize stress and equips them with a set of practical tools to counter stress.

This program also teaches them how to use these tools to create more harmonious classrooms and to help their students enhance learning and improve academic performance. HeartMath programs for teachers and students are

used in several thousand schools across the nation as well as internationally.

More than 2,000 years ago, Plato asked, "What greater gift can we give to the Republic than to teach its children?" What greater gift could we all give than to support our teachers so that they can teach our children? Such gifts will continue to bear fruit for years to come.

In today's stress-challenged world, the everyday pressures on adults and children alike, coupled with sweeping budget cuts and educational reform, have precipitated an even greater need to provide teachers with practical, common-sense ways to manage their stress.

Your support will provide local teachers with practical ways to reduce their stress, boost performance, improve school relationships and strengthen resiliency.

For more information about IHM Education and Professional Development programs visit www.heartmath.org/education or call (831) 338-8500 or (800) 711-6221.