

# Lee Road Parent Workshop

## MINDFULNESS

with Mrs. Anderson-Third Grade Teacher

April 18,  
2017 @  
6:30  
Lee Road

- You may have heard the term “mindfulness” being used a lot lately. Come down to learn more about what Mindfulness is, how it can help you, your children, and your relationships. This workshop will address the following areas:
- Mindful Breathing, Mindful Eating, Mindfulness of Emotions, Mindfulness and Social Media, the neuroscience behind mindfulness, and how to begin a mindfulness practice for yourself and your family!
- You won’t want to miss this wonderful night of Mindfulness!
- This workshop is intended for adults.

***Tuesday, April 18, 2017***  
***@ 6:30***

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Please let us know if you’re coming!

Name \_\_\_\_\_ Grade of students in Lee Road \_\_\_\_\_

\_\_\_\_ Yes, I will be attending the Mindfulness Parent Workshop on 4/18/17.