

MVSD Parent Outreach is pleased to present:

A Family Night of Mindfulness

Thursday, June 7th 2018 from 6-7:30

Penacook Elementary Cafeteria

Recent educational and psychological studies have supported the use of **mindfulness as a way to help children and families deal with everyday stress, learn about how the brain works, learn self regulation skills and learn to better connect with others.** These practices are portable, empowering, fun, effective and appropriate for everyone regardless of physical fitness level. This evening will be activity based with references and resources for those who care to study further.

Come learn some easy and fun activities to do as a family!

Please dress in comfy clothes you can move in!

Presenter: Cindy Falabella

Cindy is a school counselor at MVSD and a yoga instructor. She is certified at the RYT 500 level. Cindy is a great instructor and will provide a fun night for our families along with a variety of resources for de-stressing from our busy lives.

Please RSVP to Rebecca Butt at rbutt@mvsdpride.org or call her at 753-4891. Thank you.