



Family & Staff Wellness Education Series

District Office
Board Room

9510 Elk Grove Florin Rd
Elk Grove, CA 95624
January 17, 2018
6:30pm - 8:00pm

Mindfulness

Mindfulness: Practical Application

This course will define mindfulness, share how mindfulness effects the brain, and include the many benefits for children and adults. Additionally, participants will be guided through practical mindfulness exercises, which can be incorporated at school, work and home.

*Next workshop topic will be Bullying on February 21st at Union House
Hope you can join us!*

The focus of these workshops is to provide parents and district staff with mental health supports for their students success within the school and home setting.

If you're an **EGUSD employee** you must register through the ERO prior to attending

If you're a **parent** please register at:
<https://www.eventbrite.com/myevent?eid=40859054532>

**This workshop will be presented by
Licensed Mental Health Therapists**

Any questions call 916-686-7568 ext 67067