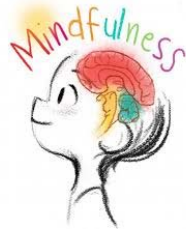


## Parent University hosted by Roosevelt's Site Based Team



**Topic:** Mindfulness

### *What is Mindfulness?*

It means noticing what is happening around you; a heightened awareness that enables you to improve your focus and attention in the moment.

\*\* We will practice a variety of mindful exercises incorporating breathing and using tactile tools.

### *Come learn:*

- \*How we are incorporating mindfulness at Roosevelt
- \*How to be more present with your children
- \*How to balance your life, work and activities
- \*How to structure technology in ways that create more harmony

**When:** May 23<sup>rd</sup> - 6:30-7:45pm

-or-

May 24<sup>th</sup> - 10:00-11:15am

**Where:** Theodore Roosevelt Gymnasium

Please RSVP to the main office at 624-6572/73 to reserve your spot!!

