

Parent University hosted by Roosevelt's Site Based Team

To: All Elementary Parents

Topic: MINDFULNESS

Where: Theodore Roosevelt School

Date/Time: Wednesday, February 13th from 6:45-7:45



****Bring your Roosevelt or Vernon Student to work with Erin Murcott, Oyster Bay High School Teacher of Mindfulness Based PE and High School Volunteers practicing Mindful techniques in the Roosevelt Gymnasium while you enjoy time with our ...**

Guest Speaker: Dottie Ahl, Educational Consultant
-Trained in Mindfulness Based Stress Reduction

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.

Come learn:

- *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
- *Mindful exercises incorporating breathing and tactile tools

When: February 13th- 6:45-7:45pm

Where: Theodore Roosevelt Library

Please return the tear off slip below by 2/12 to reserve your spot!!
You may also RSVP to the main office at 624-6572/73!

Parent's Name: _____

Student's Name: _____ **Teacher:** _____

Circle: Roosevelt/Vernon

I would like to attend the Parent University Mindfulness Workshop on:

****Wednesday, February 13th - 6:45-7:45 pm**

