

MINDFULNESS AND MEDITATION

WANT TO LEARN TANGIBLE MINDFULNESS AND MEDITATION STRATEGIES TO USE ON A REGULAR BASIS?

ALL BERNARDS TWP. PARENTS ARE WELCOME TO PARTICIPATE IN A FREE CLASS OFFERED BY THE BTEA
TUESDAY, DECEMBER 11TH

7:30-8:30 P.M.

WAMS ROOM 116



HOSTED BY WAMS SPANISH TEACHER DR. DARIA PIZZUTO

*CLASS IS LIMITED TO 20 TOTAL PARTICIPANTS

*REFRESHMENTS WILL BE PROVIDED BY THE BTEA

SIGN UP: [HTTPS://TINYURL.COM/BTEAMINDFUL](https://tinyurl.com/BTEAMINDFUL)