

Strong Families: Mindfulness



November 1, 2017 - Parkland School Division is proud to present another **FREE** information session for caregivers. Our November session will help parents learn how to take things slow and live in the moment to keep from becoming overwhelmed by their increasingly busy schedules.

Strong Families Series: Mindfulness and the Overly-Scheduled Life

Date: **Tuesday, November 7**

Time: **6-7:30pm**

Location: **Parkland School Division Centre For Education - Board Room ([4603 48th Street, Stony Plain](#))**

In this session, we will join in short conversations together to take a deeper look at the social science behind mindfulness, physical activity, nature and holistic health. Let yourself slow down, and experience great conversation and good food while we examine how to unwind the experience of "being busy". Learn some simple techniques that you can put into practice at home to help you and your family de-stress and deal with your busy lives in a healthy way.

Join us for an in-depth discussion of these topics and more.

A light supper will be provided. Limited childcare is available. Please register early to reserve your spot.

To register, please contact:

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