Mindfulness Day
for Middle Schoolers grades 6, 7, 8
(and their parents)

Saturday, May 2, 2020
11am – 2:30pm
Must pre register by April 20th

Check-In begins
at 10:30am

Middle School Workshops
- Yoga & Meditation
- Mindful Eating
- Journaling
- Say No to Vaping & Peer Pressure

Parent Workshops
- Meditation
- Hidden in Plain Sight
- Vaping 101
- Communicating with Your Teenager

Sponsored by:
Voices of Change:
Warren County Teen Coalition

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