

On behalf of Keatsway School Council

MINDFULNESS AND THE FAMILY

Help reduce stress and anxiety,
manage emotions and improve well-being

Parent Workshop

Presented by:

Steph Vandeven - The Mindful Mama



Keatsway Public School
Wednesday, February 22
6:30-8:00 p.m.

6:30 - gentle chair yoga with Rebecca
7:00 - mindfulness session with Steph

Childcare will be provided with open gym time
Please RSVP to keatswayschoolcouncil@gmail.com
Translators will be provided upon request

www.zenkiddo.com