

mind
matter

**Providing Mindfulness
strategies and tools for
today's students**

Instructor: Kim Asmar, MA
School Psychologist

A 5-WEEK SERIES

Each week students will learn tools to:

- Be in the moment – Mindful eating, listening, walking
- Help work through “negative” thoughts
- Calm body down through breathing exercises
- Help with strengthening focus and concentration

Open to Students in Grades: 9-12

Time: 4:15 – 5:00 p.m.

Dates: November 19, 26, December 3, 10, and 17, 2018

Location: Hanover Township Community Center

Cost: \$85.00

Future mini-series will also be available. Spaces are limited! Reserve your spot today!

Register at Hanover Township Community Center



15 N. Jefferson Road, Whippany

Phone: 973-428-2463

Or online at <https://register.communitypass.net/Hanover> Township