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*matter*

**Providing Mindfulness  
strategies and tools for  
today's pre-teen**

Instructor: Kim Asmar, MA  
School Psychologist

**4 WEEK MINI SERIES FOR STUDENTS IN GRADES 5-8**

When: Mondays Beginning February 26 through March 19, 2018

Where: Hanover Township Community Center

Time: 4:30-5:15 pm

Cost: \$75.00

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

Future mini-series will also be available. Spaces are limited! Reserve your spot today! Please have children come with water or juice.

**Register at Hanover Township Community Center**



**15 N. Jefferson Road, Whippany**

**Phone: 973-428-2463**

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