

YOU'RE INVITED TO A EXCITING PRESENTATION!

MINDFULNESS

**PRESENTATION BY:
JOSE MARESMA
EXERCISE PHYSIOLOGIST**



The
Mindful Center™

CLICK HERE TO RSVP

**THIS THURS - AUG. 10TH
10:15AM - 11:45AM
LIBRARY - LYNN MIDDLE SCHOOL**

FOR MORE INFO PLEASE CONTACT: MARY PARR-SANCHEZ
MARYSANC@LCPS.NET

RSVP ABOVE OR GO TO goo.gl/wRsjSS

RSVP IS STRONGLY ENCOURAGED