

New York City Department of Education
Community School District 26 and Community Education Council 26

Mindfulness in May



Join us to cultivate a mindfulness practice
and bring a new sense of balance and wellness to your life.

Friday, May 24

9:00 AM to 11:00 AM

At PS 376

210-21 48th Avenue, Bayside

Presented by Social Worker and Life Coach, LUZ Jaramillo. Luz is the CEO of BrainbodyCoach, Inc. She specializes in personal and professional development as well as cultivating health and well-being. Luz teaches techniques to optimize brain health and performance, so individuals can accomplish life and health goals for greater success and happiness.

PLEASE REGISTER TO ENSURE ADEQUATE SPACE FOR ALL.

To register and for more information please contact the District 26 Family Coordinators.

Kim D'Angelo at 718.631.6905 or kdangelo4@schools.nyc.gov

Wendy Mo at 718.631.6966 or wmo@schools.nyc.gov

To find out about other District 26 events visit the *Family Engagement* page at www.district26.org.