



EMPOWER YOUR FUTURE!

Join our **FREE** workshop today!

UNLOCK YOUR INNER MINDFULNESS

Learn how to:

- ✓ Deepen your strengths
- ✓ Learn how to incorporate mindfulness into daily life
- ✓ Practice healthy habits and mindfulness
- ✓ Manifest the outcomes that you want for yourself

Refurbished Macbook to be raffled at workshop!



Who: Morgan Hill Unified DELAC and parents



Language: Spanish



Date: Monday, Jan. 27



Time: 6:00pm - 7:30pm



Cost: FREE!



Location: FACE Center at 80 W. Central Ave.

Scan QR code to register

