



Mindful Kids Events

Learning to practice mindfulness at a young age can help children in many ways.

- Boosting self-awareness
- Increasing their attention span
- Practicing self-regulation
- Improving social skills

Each 45-minute workshop includes mindful activities, movement and games taught by a certified children's mindfulness and yoga instructor. For ages 5-11.

Parents who wish to participate, please register for you and your child. Parents must be present for the duration of the class regardless of participation.

**Bring a yoga mat, large towel or blanket for practice.*

Wednesday, Jan. 15
5:45-6:30 p.m.

Health Center for Macungie
(Third floor waiting room)

Wednesday, Feb. 19
5-5:45 p.m.

Health Center at Palmer Township
(Conference rooms A and B)

Register at
LVHN.org/mindfulness

