



## **Start your week off right with the ... INTERACTIVE LECTURE SERIES**

### **“Mindfulness & You: Relaxation 101”**

**Presented By: Denise DiBiaso, RN and Roz Stipanovich, RN**

**\*\*\*Please bring a small sponge, stress ball, or washcloth.**

**Tuesday, April 11, 2017**

**6:30PM to 7:30PM**

**Park Junior High**

**Free Admission – Students are invited too!**

**RSVP to Randy Lange ([langera@sd102.org](mailto:langera@sd102.org))**

**“To keep a lamp burning, you have to keep adding oil.”**

**-Mother Teresa**

The Interactive Lecture Series is a general enrichment opportunity sponsored by the Talent Development Program. The entire District 102 community is invited – **especially students.**