



ADVOCATE. EDUCATE. COLLABORATE



# Parents, please join us

Wednesday, March 11, 2020 10:15 a.m.

## Rising Phoenix Wellness Services Presents: Health & Wellness For Families

Learn mindfulness and relaxation techniques for overall wellness that you can share with your whole family. Rising Phoenix Wellness Services will share proactive strategies to combat stress, anxiety & addiction.

**UPC brings parents from across the district together to enhance the PV Schools experience.**

### Time:

8:45 a.m. Meet and Greet  
9:00 a.m. Monthly Meeting  
10:15 a.m. Educational Program

### Location:

PVUSD Administrative Center  
East/West Conference Room  
15002 N. 32<sup>nd</sup> Street  
Phoenix, AZ 85032

### Stay Connected:

Website: [www.pvupc.org](http://www.pvupc.org)



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### Monthly Meeting and Educational Program

April 15, 2020

May 13, 2020

### School Vendor Showcase (formally known as LINC)

February 26, 2020 6-8pm Explorer MS

### Teacher & Staff Appreciation

Nomination Open February 12-March 11, 2020