



A Greenwich Public Schools Social Emotional Learning Event

**KEEP CALM – Let Go and Move On**  
*Free Mindfulness Family Retreat*  
*For K-5<sup>th</sup> grade students*



Join us on

**Saturday, May 20, 2017**  
**from 9 a.m. to 12 p.m.**

Parkway Elementary School, Greenwich CT

- ✧ Learn and practice mindfulness surrounded by nature
  - ✧ Spend quality time with your child
  - ✧ Learn simple Yoga techniques
  - ✧ Create your own stress-free crafts
  - ✧ Relax with a mindfulness coloring book
  - ✧ Enjoy a free healthy lunch and beverages

RSVP QR Code

**RSVP required by May 15<sup>th</sup>.**

**Limited to the first 15 students and 15 parents that RSVP.**  
**Only one parent per child permitted.**



To RSVP use the QR Code or visit [GreenwichSchools.org/SELevents](http://GreenwichSchools.org/SELevents)

For more information visit: [GreenwichSchools.org/SELevents](http://GreenwichSchools.org/SELevents)  
Greenwich Public Schools SEL Events

promote a safe school climate by fostering social-emotional skills  
in our students and reinforcing the District's norms:

*Be Here, Be Safe, Be Honest, Care for Self and Others, Let Go and Move On*

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