

GREAT START LIVINGSTON PRESENTS:

# STRESS LESS WITH MINDFULNESS

4-Session Parent Workshop facilitated by MSU-Extension  
5:30 - 7:45PM

**Thursdays, October 6-27**

**Location: LESA, 1425 W. Grand River, Howell**

Dinner 5:30 - 6:00 pm

Class 6:00 - 7:45 pm



**FREE DINNER & CHILDCARE**  
(Childcare spots are limited)

Stress Less with Mindfulness is a four-class series for adults that introduces the experience and practice of mindfulness.

A children's mindfulness program will be provided during childcare for children ages 3 and up.

**Registration Link:**  
**<https://bit.ly/pwGSL22>**

Questions? Contact Robin at [RobinSchutz@LivingstonESA.org](mailto:RobinSchutz@LivingstonESA.org)