



Radnor Township

Recreation & Community Programming Department

Mindfulness 101 and Family Fun!

Parents and children are invited to explore **Mindfulness**—a special way of paying attention to the here and now with kindness and curiosity.

More than twenty-five years of research have proven that mindfulness increases attention and focus; reduces stress, anxiety and depression; and increases well-being. Mindfulness is used by professional athletes, artists, musicians, business people, teachers, healthcare professionals, lawyers and military personnel to enhance their performance.

Experience it together, explore brain science and benefits, make a “mind jar” and more!

Join us for this **FREE** community program led by Stacey Mandel, Founder and Facilitator of Bubbles & Flashlights Mindfulness for Youth!

Wednesday, March 27th, 6:00 to 7:30 PM
Radnor Township Building
in The Radnorshire Room
301 Iven Avenue, Wayne PA

Parents/Guardians and children grades K through 5 are invited to attend this free event!

Conveniently register for free online at www.radnor.com/Recreation



“Mindfulness allows me to experience a state of deep rest and relaxation that can be game-changing; and sometimes a life saver in a crazy world... It helps alleviate stress and pressure when you’re trying to balance life and being a mother.”

—Soledad O’Brien

“I believe that the entry point for living a more conscious life is mindfulness.”

—Oprah Winfrey

“I normally do my mindfulness exercises in the morning. It’s the first thing I do when I get up.”

—Kobe Bryant