



Mindfulness:

A panel discussion on MINDFULNESS as a proactive strategy for students and adults.

Please join the Simsbury Community for Care for a discussion led by Cathy Ernst, School Psychologist, Grantland Rogers, SHS Teacher, Pamela Sickinger, Donna Cannon, SHS Counselors, and from Journey of Yoga, Mallory Gergione.

The discussion will focus on mindfulness strategies to combat stress related issues in teenagers and adults.

**Wednesday, September 12, at 6:30 p.m.
Simsbury Public Library
Program Room**

For Information please contact:
Simsbury Social Services
860-658-3283