

Minds in Motion[™] Middletown Adult Speaker Series

Saturday, March 16, join dozens of like-minded adults at *Minds in Motion*[™] for this unique afternoon of adult workshops free of charge! The *Minds in Motion*[™] Middletown Parent Speaker Series encourage all to understand how mindfulness can help parents and children reduce stress and anxiety, while promoting healthy minds and bodies. A variety of children's workshops, for kids in grades K-6, are also available. Learn more about this enriching afternoon of family-friendly learning at www.ctgifted.org.

KEYNOTE:

Our Mindful Journey: Moving from Surviving to Thriving,
by Jennifer Ju, MD

Find out how mindfulness can reduce stress and promote physical and mental health. Learn how mindfulness can help support a sense of community and connection with others improve performance, and enhance quality of life.

Learn how to incorporate mindfulness on a daily basis.

Jennifer Ju, MD, is a family medicine physician who completed her residency training at Brown University.



WORKSHOPS:

- **Mindful Eating**, by Michael Kalinowski, MD
- **Strategies to Reduce Anxiety in Youth through Mindfulness, Meditation and Yoga**, by Nancy Ferrero, LMFT and Certified Yoga Instructor
- **Taking Time for CHIL (Connected Health and Learning)**, by Mary Emerling, RN, MPA, School Health Supervisor, and Janet Parmelee, RN-Macdonough School

***Minds in Motion*[™] Middletown is FREE for all adults, but space is limited, so register today! Children's paid programming concurrent with parent event. Learn more and register at www.ctgifted.org**

Saturday, March 16
12 noon – 4 p.m.
Middletown High School
200 LaRosa Lane, Middletown
(GPS use 680 Newfield St)



Middletown
Public Schools



REGISTER NOW :

http://www.ctgifted.org/mim_registration/mim_location.php