

Navigating Life and Maintaining Health, Balance & Happiness



Logistics

February 23, 6pm-7pm

Led and facilitated by Paul Stern

for parents and staff of Bluffview Montessori

live, interactive and online, from the comfort of your home

link to zoom will come in an email

Join us for 1 hour as we explore together creative and accessible ways of working with stress, anxiety and overwhelm so that you can feel prepared to ride the ever-shifting waves of life as individuals, partners, parents and community members

Goals- helpful, heartfelt, interactive, applicable and fun!



Dharma River
Manitou Center
Holistic Cultivation of Mind,
Body, and Spirit