

North Frederick Elementary School

is Hosting a

Mindfulness Night

**February 20, 2019 from 5:00pm-7:00pm**

* Therapy Dogs
* Massage Chair
* Healthy Market
* School Based-Health Clinic
* Mindfulness Yoga
* Mindfulness Eating
* Mindfulness Made Fun
* Guest Speaker Donte Brown
* Mindfulness Movement Hallways

Please come and join us for a night of fun filled “Mindfulness” activities!!!

***\*Dinner provided\* beginning at 5:00pm***

\_\_\_\_\_\_ Yes. I plan to attend this event.

\_\_\_\_\_\_ No. I cannot attend, but I am interested in future events.

\_\_\_\_\_\_ I need an interpreter (hearing) \_\_\_\_\_\_\_\_\_\_ I need a translator (specify language

type) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Si necesita este documento traducido por favor llame al 240-236-2000 y diga "Necesito traducción en español". Numero de document: Mindfulness. Cuando llame tendremos un intérprete por teléfono para ayudar con la traducción.

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*If you need assistance to attend this event please call the main office at 240 236-2000.