



Saint Alphonbus

Grounded Kids

Meditation classes for kids to help them live with greater ease.

Instructor Dana Menlove, Director of Coaching, *Mindful Life*, *Mindful Work*, is a certified mindfulness and yoga instructor with more than 35 years experience working with youth and families. Dana will help your child learn mind-body practices to:

- Improve stress management
- Reduce anxiety
- Improve relationship with self and others
- Increase calm
- Improve sleep

WHEN:

5:30 pm – 6:30 pm
on Wednesdays
May 1, 8, 15, and 22

WHERE:

Saint Alphonbus Pediatrics
Specialty Lobby
1072 N. Liberty, Suite 200
Boise, ID 83704

REGISTER AT:

SaintAlphonbus.org/event/grounded-kids

- \$30 per child, \$20 for each additional
- Call (208) 860-2899 for eligibility of reduced cost
- Ages 10+

- bring a blanket and water bottle
- light refreshments will be served