

Manhattan Beach Unified School District
Student Services

Attention: All Elementary School Parents . . .

The ***MindUP*** Program is Happening in Your Child's Classroom

Students Are Learning to Develop Mindfulness, Improve Focus, Reduce Stress and Anxiety, Maintain a Positive Outlook, and Much More

NOW IT'S YOUR TURN!

**You Are Invited To Join Parents From All 5 District
Elementary Schools For:**

MindUP Parent Night

Tuesday, November 3

6:30 pm-8:00 pm

Manhattan Beach Middle School, Multi-Purpose Room

On Tuesday, November 3, every school will work all day with a MindUP trainer to continue to move the program forward. That evening the same trainers will present the program to parents.

Come and learn about what your children are experiencing and how to work in concert with this program at home. Be prepared to live in the moment and breathe!