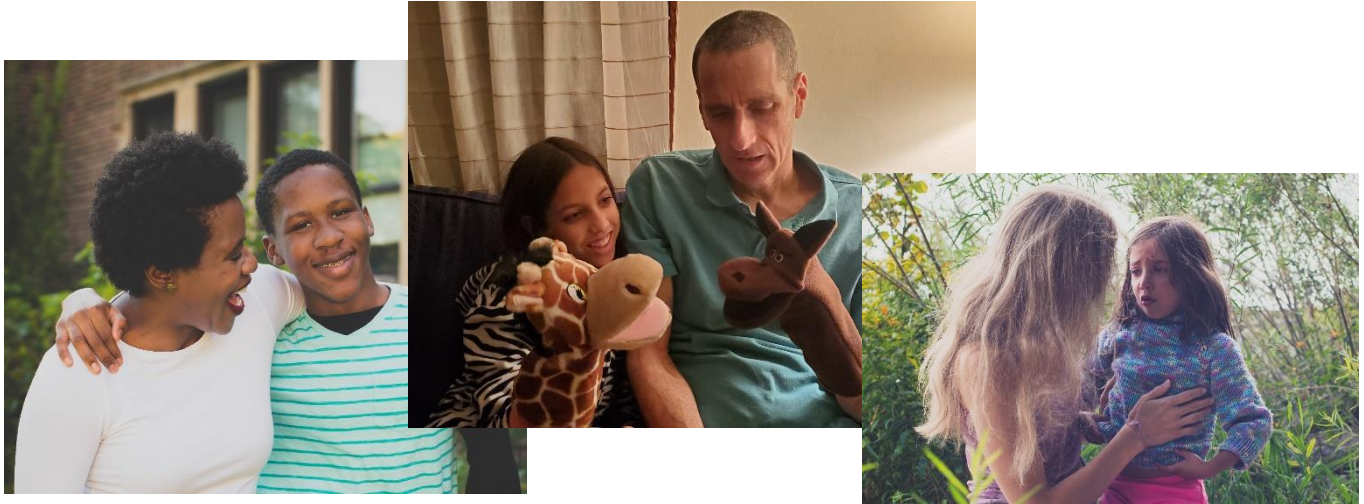


Family class **Live Online**

Create health and find joy together

Children ages 7-12 with an Adult Caregiver (teens are also welcome)

Tuesdays and Thursdays from 10:00-10:45am



Creating healthy habits in our minds leads to happier, more connected families.

Through practice and play, you and your child will grow together:

- Create inner and outer compassion to hold your family in difficult times
- Reduce friction and enjoy more resilience and well-being
- Allowing, Nurturing and Discovering (AND) approach to creating a healthy mind
- Understand how to effectively relate to and communicate feelings
- Learn to focus your attention upon that which is healing and uplifting

Instructor: Jamie Lynn Tatera (Certified Mindfulness Educator; Founder of Wholly Mindful)

When: Tuesdays and Thursdays from 10:00-10:45am from March 31 – April 16

Location: Live online from the comfort of your home using the free Zoom app (simple installation)

Info and Registration: <http://www.whollymindful.com/family-path-online.html>

Pay-what-you-can investment: Scholarship options are available on the payment page so that this class is affordable for everyone.

"My daughter and I really looked forward to our time every week with Jamie Lynn. She has such a calming presence and was able to facilitate discussions between my daughter and I that wouldn't have happened otherwise. Jamie Lynn introduced many very practical strategies to help my daughter and I deal with the stress of life. -Beth A., Whitefish Bay

For More Information, visit WhollyMindful.com or contact:

Jamie Lynn Tatera at jamielynn@whollymindful.com or call 414-554-0067



A healthy mind leads to a happy life.