

CONVERSATIONS FROM MAIN STREET

FREE
EVENT

mindfulness

Finding Balance in a Stressful Day

Helping children, parents and educators thrive in school and at home.

Wednesday 11/15/17 7PM

A workshop, discussion and Q&A session that will inspire parents and educators, and share mindfulness tools to help our children thrive in daily life.

Dr. Hildur Palsdottir, founder of *Sol Center*, a healing arts center in Port Washington, and Cathy Riva Bloomgarden, children's mindfulness educator for *Mission Be*, will use meditation and group exercises to teach us how to help children find balance, peace and happiness in an increasingly stressful world. Resource guides will be available.



SPONSORED BY

ANGELA & SCOTT JAGGAR
FOUNDATION, INC.

CO-PRESENTERS

The Port Washington Early Childhood Partnership
Child Care Council of Nassau
The Port Washington Children's Center



This is a free event!
Box Office 516.767.6444
landmarkonmainstreet.org

Jeanne Rimsky Theater

232 Main Street
Port Washington, NY 11050



Partners in Performing Arts

NYU Winthrop
Hospital

HICKS
NURSERIES

TOWN OF
North
Hempstead

Peter & Jeri
Dejana
Family Foundation

Peter & Dorette
Forman
Foundation

HARDING REAL ESTATE, LTD

Capell Barnett
Matalon & Schoenfeld LLP