



MIND BODY SKILLS

**Mind Body Practice includes Breathing, Drawing, Biofeedback,
Movement and Writing.**

**Techniques help to improve Mood/Outlook / Self-awareness and
Decrease Anxiety/Worry/ Stress.**

Thursdays at 8:00am

Who? YOU! The first 10 students to return the consent form.

Please turn in consent forms by September 20th, 2019

TO: Franchesca Diaz White, MSW

FranchescaMarie.DiazWhite@Browardschools.com