

OCTOBER

19

MINDFULNESS: ITS USE AND VALUE FOR EVERYDAY SUCCESS

Parent Education Night Fall 2017 Edition



FREE

7:00PM - 8:30PM

(Coffee and snacks will be served)

Join us for a presentation about the mindfulness concepts that have been introduced to the Jennie Elliott staff and students.

Studies have found that regular practice of mindfulness can help increase learning, attention, memory and problem solving.

See what your kids are learning and experience for yourself how mindfulness techniques can help you manage your day at the office and/or home.



Mike Ray has been teaching mindfulness and martial arts for the past 20 years. He is also a Health, Safety & Environment professional who is integrating mindfulness with health & safety to help prevent injuries and increase operational performance. Mike enjoys sharing his real life experiences to help explain how mindfulness can help people manage their emotions effectively during challenging times thereby increasing their ability to think clearly.

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