

# EAT! CHAT! PARENT!

Be a Part of Community Conversations on Real Deal Issues

**DISCUSS** IMPORTANT YOUTH ISSUES  
**TALK** TO PARENTS JUST LIKE YOU  
**HEAR** EXPERTS ON A RANGE OF TOPICS  
**GAIN** VALUABLE PARENTING ADVICE  
**SHARE** YOUR THOUGHTS AND FEELINGS  
**ENJOY** A FREE DINNER

**FREE** ADMISSION  
& CHILDCARE  
...  
**LIVE** SPANISH  
INTERPRETATION

## DEFINING MINDFULNESS & REDUCING STRESS

5:30-7:30pm

Tuesday, November 17, 2015

EAGLE COUNTY CHARTER SCHOOL, EDWARDS

### PRESENTERS:

**LINDA MINER**, CO-FOUNDER/PRESIDENT OF UTES  
SPRINGS EXPERIENTIAL LEARNING CENTER

**RACHEL DELONG**, CO-FOUNDER OF UB.U,  
CERTIFIED YOGA ALLIANCE INSTRUCTOR

**ANN-MARIE DESMOND**, CO-FOUNDER OF UB.U, CERTIFIED  
YOGA INSTRUCTOR AND COLORADO LICENSED EDUCATOR

**MARY LOU KELLER**, CHILD WELFARE ATTORNEY AND  
COMPASSION CULTIVATION TRAINER

FOR MORE INFORMATION OR TO RSVP PLEASE CALL **970.949.9250** OR VISIT **EAGLEYOUTH.ORG**

