



RP PTA SERC PRESENTS

HOW TO SLOW DOWN WITHOUT FEELING EVERYTHING WILL FALL APART

Life is busy.

There are always tasks to do at home, work is busy and can be stressful, your children need your time and energy, and your calendar is jammed. In an effort to keep your schedule under control, sometimes you skip meals, miss your class at the gym, or cancel plans with friends. This all too familiar pattern leaves us depleted, always feeling like we are playing catch up. **Joshua Hendrickson, PHD, LCSW**, an expert in stress management, mental health, and well-being will provide a workshop on how to slow down without feeling everything will fall apart for parents and caregivers. Drawing from fields of neuroscience and mind-body medicine. Dr. Hendrickson will provide the science and simple steps to slow down, recharge, and reconnect.

Wednesday, November 15
7pm in the RP Ms library
childcare available
all are welcome!

