

Grandparents - Taking Care of You Workshop



Grandparents Raising or Helping With Grandchildren

Come enjoy a morning of stress free activities like a Mini
Nutrition Class, Dealing with Stress, and Chair Yoga!
Wear something comfortable and bring your sneakers!

Tuesday, February 13, 2018

10 a.m.

Churchland Primary Parent Resource Center

Healthy Refreshments Provided

BRING A FRIEND

PLEASE RSVP BY 2/12/18

757-686-2519 ask for Mrs. Tiller

Churchland Primary & Intermediate

Parent Resource Center

Vicki Sanchez-Tiller, Liaison

757-686-2519



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