

**Attention RHS Students,
Need a BREAK??**



Learn from the Expert!

**Jen Hayes, Mindfulness Coach
3M Program (Mindfulness,
Movement, and Management)**

AFTERLIGHTFITNESS@GMAIL.COM

BREATHE

It's Time to...

***Take A
BREATH!***

Learn to manage everyday stressors.

**A-Wing Commons, First Floor
2:45 to 3:30 after school**

Every Other Tuesday:

• **November 2, 16, 30**

• **December 14**

(more dates to come)

For more info - see Mrs. Rion