

BREAKFAST CLUB

ON

LATE STARTS

- 10/24 Stress Management
- 11/28 Mindful Meditation
- 1/30 Self Esteem
- 4/24 Health Coping

Sign up: <http://bit.ly/mindfulknights>

**Presented by:
Western Youth Services**

Questions see: Mrs. Hermanson
& or Ms. Sanchez

ROOM: LIBRARY

TIME: 8:15