



Rocky River City School District Town Hall Series presents

Kristen Race, Ph.D.

author of *Mindful Parenting*

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| What: | Community Presentation "A Mindful Life: From Surviving to Thriving" |
| Date: | Tuesday, October 11, 2016 |
| Time: | 7:00pm |
| Place: | Rocky River High School Auditorium |
| Cost: | Entry is free. The donation of a canned good benefitting the Rocky River Assistance Program (RRAP) is appreciated. |

A Mindful Life: From Surviving to Thriving

Kristen Race's mindfulness methods for families have helped thousands develop resilience, a positive mindset, and more connection. In this talk, she takes a straightforward look at the science of the brain so her audience can better understand how the inner workings of their brain impact their moods, thoughts, and behaviors for themselves and the people around them.

Drawing on the latest brain research, Kristen shows us how mindfulness changes the brain and also help us feel happier, healthier and more present in our relationships at work and at home.

This humorous and engaging talk provides simple solutions that move us from 'simply surviving' to 'thriving'. Those in attendance will learn:

- why stress is so prevalent and highly contagious
- how to become more resilient to stressors inside and outside of the home
- benefits of a mindfulness practice and ways to practice at work, home, and as a family
- how a mindfulness practice helps you become a happier, healthier parent and spouse
- 5 easy ways to shift from "surviving to thriving"

Visit Barnes and Nobel in Crocker Park to purchase your copy of *Mindful Parenting*
198 Crocker Park Blvd.
Westlake, OH 44145

or purchase a copy at RRHS the evening of the event!