

Rowland Unified's Family Resource Center Presents

WELL BEING WEDNESDAY

JOIN SUSAN ALFARO & XOCHITL
ALARCON TO LEARN ABOUT:

- RELAXING ACTIVITIES FOR THE FAMILY THIS SUMMER
- PRACTICE MINDFULNESS
- PRACTICAL TIPS TO HELP YOUR CHILD PREPARE FOR IN-PERSON
LEARNING
- AND MORE!

★ *Final Session* ★

MAY 5, 2021 6:00 PM

register at: <https://bit.ly/3xs5ld0>

C h i n e s e & S p a n i s h
t r a n s l a t i o n a v a i l a b l e