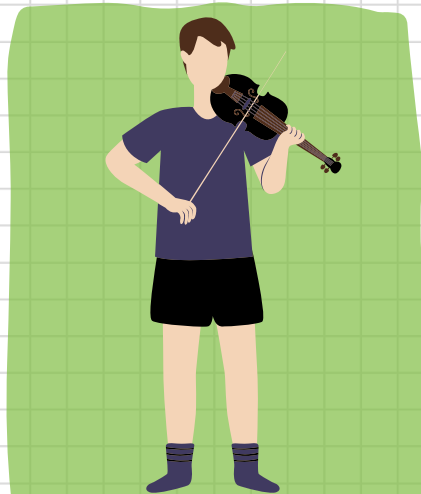


You're invited to

Mindful Teen



From Surviving to Thriving in a Busy World

An engaging 6-session workshop
series for 7th & 8th graders.

Book, journal and snacks provided.

Based on **The Mindful Teen** by Dr. Dzung X. Vo

Visit dewitt-lib.libcal.com/calendar
or stop by the Circulation Desk to
register today!

Meet **Mondays & Thursdays** from
3:30 - 4:30 pm for three weeks.

First session **October 25th**.

Registration required.

Location: DeWitt Community Library
917 5th Ave, DeWitt



This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.



IOWA STATE UNIVERSITY
Extension and Outreach

Clinton County Extension and Outreach
400 E 11th St DeWitt, IA 52742
clinton4h@iastate.edu