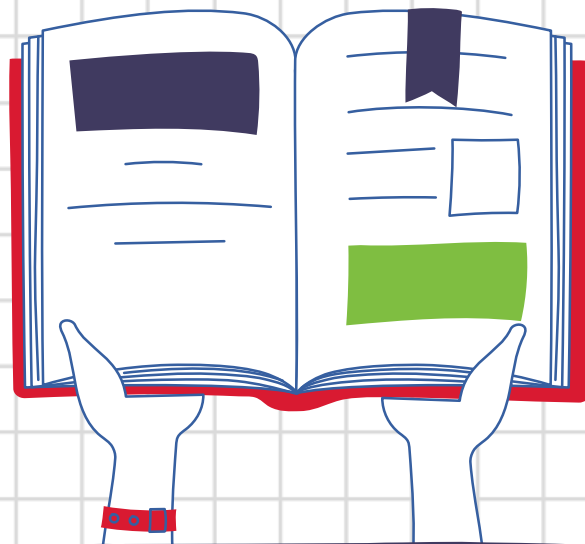


Join us for Mindful Teen

# Book Club



## Activities include:

- Mini yoga sessions
- Meditation
- Calming glitter jars
- Discussion of *The Mindful Teen*

Snacks, book and journal provided. Perfect for 7th & 8th graders.

"The wisdom and strength that you can cultivate through the art of mindful living will serve you well for the rest of your life." - Dzung X. Vo, MD, FAAP, *The Mindful Teen*

Meet Mondays & Thursdays

from

3:30 - 4:30 pm

for three weeks.

First session **October 25th.**

**Registration required.**

Visit

[dewitt-lib.libcal.com/calendar](http://dewitt-lib.libcal.com/calendar)

or stop by the Library to

register today!



This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](http://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](mailto:clinton4h@iastate.edu)