



You're invited to
**Calm Afternoons with Kaiser Permanente
for Educators & School Staff**

3 sessions on Wednesday, May 4, May 11 & May 18, 2022
3:30-4:00 p.m. (PDT)

Join us for the first three Wednesdays in May (on 5/4, 5/11 and 5/18) **for a 30-minute afternoon reset.**

Over the course of the three-week series, we will explore guided meditations to help you tune into physical sensations and deepen your awareness, nurture self-compassion, and rejuvenate your mind as we bring the school year to a close.

After we find our *calm*, we will share well-being resources that support mindfulness and tools that promote a healthy school environment.

Calm is the #1 app for meditation and sleep — designed to help lower stress, reduce anxiety, and more.

Space is limited.
RSVP here now!

