



JUNE 15, 2017

CALM PARENTS, CALM KIDS!

**HOW YOU ARE WIRED AFFECTS HOW
YOU INTERACT WITH YOUR KIDS.**

When you're stressed it shows. Your kids are quick to pick up your anxiety. Emotions heighten and everyone begins to react. But it doesn't have to be that way.

What if you had a few simple things you could do to ease your body and mind, even in the middle of life's challenges?

This workshop will give you the tools you need to "calm your nerves." You will come away with a better understanding of your nervous system, its reflexive responses and what you can do to keep yourself and your family humming along. You'll also get tips on how to help your children find their own inner calm.

To register, please contact Carrie at cgvondrasek@gmail.com. \$55 if registered by June 5th, \$60 after. Registration Fee includes a copy of Julie's book "**Calm Your Nerves**".

Calm Parents, Calm Kids – June 15th – Glen Ellyn

www.lifeoptions.studio

**Calm Parents,
Calm Kids!**

June 15, 2017

7:00-9:00 PM

**Calm your
nerves!**

**Tools to help
your kids!**

Register Today!

cgvondrasek@gmail.com

JULIE FRANCIS is a mom, movement educator and awareness teacher with more than 25 years experience helping people change their lives through the gentle art of enhancing awareness. Julie is known for her clarity, compassion and humor. She has presented nationally and internationally on learning how to keep calm. She maintains a private practice in Glen Ellyn where she helps individuals and groups face life with ease.