



**The Clark Public School District's**  
**PARENT UNIVERSITY PRESENTS**

Mindfulness 101

with Brandi Hoynowski & Jody Heavey  
of Brassy Buddha Yoga Studio

**February 13th, 6:30 pm**  
**Valley Road School Gym**

*Learn mindfulness practices to help you relax and reenergize! Open to ALL students attending the Clark Public Schools and their parents. Refreshments will be served. Dress comfortably!*

All students must be accompanied by a parent. To register for this FREE event, contact Christine Broski at [cbroski@clarkschools.org](mailto:cbroski@clarkschools.org) or (732) 574-9600 x3355 by February 8th.