

New York City Department of Education  
Community School District 26 and Community Education Council 26

# Breaking Bad Habits



Start off the New Year headed in the right direction!  
Learn helpful tips and strategies to lead you toward positive change.

## Friday, January 17<sup>th</sup>

9:00 AM to 10:30 AM

At MS 74

61-15 Oceania Street in Bayside

Presented by Social Worker and Life Coach, LUZ Jaramillo. Luz is the CEO of BrainbodyCoach, Inc. She specializes in personal and professional development as well as cultivating health and well-being. Luz teaches techniques to optimize brain health and performance, so individuals can accomplish life and health goals for greater success and happiness.

**PLEASE REGISTER TO ENSURE ADEQUATE SPACE FOR ALL.**

To register and for more information please contact the District 26 Family Coordinators.

Kim D'Angelo at 718.631.6905 or [kdangelo4@schools.nyc.gov](mailto:kdangelo4@schools.nyc.gov)

Wendy Mo at 718.631.6966 or [wmo@schools.nyc.gov](mailto:wmo@schools.nyc.gov)

To find out about other District 26 events visit the *Family Engagement* page at [www.district26.org](http://www.district26.org).