



*Presents:*  
**Brain Breaks**

**Session Selection:**

**August 29**

**August 31**

**September 11**

**September 17**

**September 26**

**October 16**

**12:30-3:30pm**

Marin County Office of Education  
1111 Las Gallinas Avenue  
San Rafael, CA 94903

***Body ~ Breath ~ Mind ~ Attention ~ Engagement***

Pure Edge, Inc. believes that work environments will be more effective when staffs learn strategies to help combat stress and develop social, emotional, and academic learning competencies.

**Participants will:**

- ♦ learn about stress and how it affects their bodies and nervous systems
- ♦ discuss the importance of self-care in managing stress
- ♦ share breathing techniques, mindful movement, and guided relaxation as tools for promoting our own well being

***All attendees must come in suitable clothing for light exercise***

Click on any one of the dates listed to register  
If you have questions, please contact the Education Services Department:  
415-499-5870