
Ridgewood Public Schools

COMMUNITY OUTREACH PROGRAM

Co-sponsored by The Valley Hospital, with support from the Ridgewood Education Foundation and the Federated Home and School Association



Wellbeing

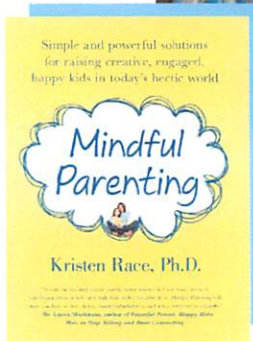
From Surviving to Thriving in Your Family

**Dr. Kristen Race, Founder of Mindful Life Today,
joins us Wednesday, October 4, 2017
to share her expertise and brain research on chronic stress,
its impact, and the benefits of mindfulness.**



In her newest talk, Dr. Kristen Race takes a straightforward look at the science of the brain in order to understand how the inner workings of the brain impacts moods, thoughts and behaviors. Drawing on her latest research, Kristen shows how mindfulness changes the brain to help us feel happier and healthier as we become more present in our relationships and home life. She will provide simple solutions that move us from simply surviving in our family lives to thriving in our family lives.

Dr. Kristen Race is a parent of two young children, as well as an expert in child, family, and school psychology. She is the author of *Mindful Parenting* and the founder of Mindful Life. Dr. Race has been featured in *The New York Times*, NPR, *The Washington Post*, *Chicago Tribune*, *USA Today*, CNN, and *Real Simple Magazine*.



**George Washington Middle School Auditorium
155 Washington Place, Ridgewood, NJ
7:00-9:00 pm**



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