

LONG ISLAND MINDFULNESS AND RESILIENCY CONSORTIUM (LIMRC).

September 26, 2016

8:00 am—3:00 pm

This program will feature an overview of three research-based mindfulness and contemplative curricula used across the country - *Calm Classroom*, *Learning To Breathe*, and the David Lynch Foundation *Quiet Time* program, as well as a presentation by Long Island's home-grown *Mission Be*".

SAVE THE DATE

Administrators, PPS Staff, Teachers

Special Guest: Debbie DeBetta, Founder/
Creator of Mindfulness-Based
Physical Education
(Full-year elective at Lynbrook HS)

Western Suffolk BOCES—Student Support Services Center

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