

**BT SEPAG Presents**

# Zen Night at RVS

**Join us for an evening of learning!**

We have invited various providers from the community to share take-home strategies and tips. There are fun workshops planned for the whole family.

**Some of our workshops:**

- Keynote at 6:00pm
  - Aligning our values with our actions
- Workshops 6:45pm
  - Zumba
  - Yoga
  - Art
  - Legos
  - and MORE!

**Why Attend?**

- Enhance emotional well-being
- Gain practical life tools
- Join a supportive community
- Fun activities for the kids and parents!

**Save the Date!!**

**Thursday, February 26  
5:30pm-8pm  
Rockaway Valley School**

**RSVP Here!**

