

Mindfulness Club

Pick-up Location: **Parent Pick-up @ 4:15 pm**

Meeting Info: Club meets on Thursdays in the Media Center right after the bell, from 3:45 PM until 4:15 PM.

Club Sponsor/Instructor: [Mr. Brown](#)

Contact: brownjp@gm.sbac.edu

BEGINNING SEPTEMBER 28TH

Mindfulness is a simple mental practice that is easy to learn. It is scientifically proven to help students to improve focus, increase memory, manage stress, and control their emotions. Mindfulness is used by CEOs, celebrities, politicians, professionals, regular working people, and students of all ages because...it works. In the Mindfulness Club, students will receive brief weekly instruction in the science, techniques, and uses of Mindfulness followed by a short practice.