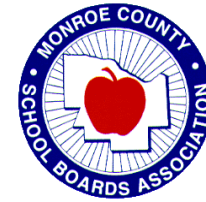


Save the Date!

Spring Clerk's Seminar

Thursday March 25, 2021
Zoom call 8:45-11:45 am



Topics:

LEGAL UPDATE:

Including absentee and military ballot changes, open meetings & public comment, etc.

CLERKS EXCHANGE:

- **Prospective BOE Candidates-**
Preparing potential candidates
- **Public Comment-**
Managing respectful Board of Education meetings

INTRODUCTION TO MINDFUL EATING:

Do you ever stress eat? Try something new! Mindfulness is the quality of awareness we can develop to cultivate inner change. Learn the basics of mindfulness and how to overlay the mindful lens on the habit of eating. Mindful eating can help us to curb the desire to eat more sweets and fully enjoy even the smallest bite. Bring a sweet treat for yourself to class to experiment with eating mindfully.

Special thanks
to the Planning Committee:

Kristen Adler,
Cynthia Cushman,
Connie Nenni,
Rhonda Schaefer,
Mary Torcello,
Sarah Williams

