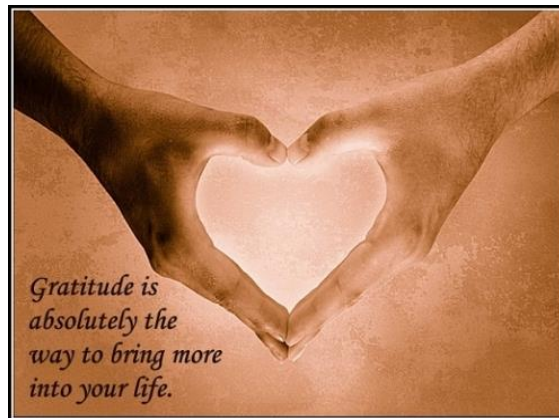


# Manage Your Stress with Gratitude

*Learn simple strategies to cultivate*

- **Better health**
- **More happiness**
- **Closer relationships**
- **Higher energy levels**
- **Increased self-confidence**
- **Less anxiety and depression**



**Thursday, December 6<sup>th</sup>**

**9:00 AM to 10:30 AM**

**At PS 205**

**(75-25 Bell Blvd. in Bayside)**

Social worker and life coach, LUZ Jaramillo is the CEO of BrainbodyCoach.Inc. She specializes in personal and professional development as well as cultivating health and well-being. Luz teaches different techniques to optimize brain health and performance, so individuals can accomplish life and health goals for greater success and happiness.

**REGISTRATION IS NECESSARY TO ENSURE ADEQUATE SPACE FOR ALL.**

To register and for more information please contact Kim D'Angelo, District 26 Family Coordinator.  
Call 718-631-6905 or email [kdangelo4@schools.nyc.gov](mailto:kdangelo4@schools.nyc.gov)