

# Parent Group

## Mindful Parenting



In parenting, "the days are long, but the years are short." (-Gretchen Rubin) How can we cherish the little things with our little ones in the midst of busy schedules and the day to day hustle and bustle?

Date: 02/07/2014

Time: 10:00 AM - 10:45 AM

Place: Kirby 273b - TV lounge (right outside the Multicultural Center entrance)

Facilitator: Rachel Gilbertson is the onsite lifestyle Health Coach and a Mindfulness in Motion Facilitator.

Free for Faculty, Staff & Students

Brought to you by: UMD Employee Wellness Program & Womens Resource and Action Center

