

Clifton Park Pediatrics Presents

COMMUNITY
CARE
PHYSICIANS, P.C.

MINDFULNESS

SERIES

for kids!

Saturday, October 14, 2017

12:30pm to 1:30pm

at

**Clifton Park Pediatrics: 1783 Route 9, Suite 101
Clifton Park, NY 12065**

Join pediatrician and wellness coach, Dr. Vijaya Gandham, for a fun interactive class connecting mind and body. Learn fun ways to move your body, increase your energy through breath, and use self help tools to calm the mind.

Who can join: Children ages 7+ and parents, too!
This class is open to the public.

What to bring: Bring a water bottle and wear comfortable clothes.

\$5 per person: 100% of the proceeds will be donated to the local chapter of the Make A Wish Foundation.

To sign up:

Email icortez@communitycare.com or call (518) 371-KIDS (5437).



For more information, visit www.communitycare.com/CliftonParkPediatrics