

# Moving with Meaning: FINDING CALM AND GRATITUDE



KIDS AGES 5-12 AND  
THEIR CAREGIVERS



NOVEMBER 13TH  
5:00-5:30

This 30 minute class is all about reflecting on the things that we are grateful for and finding peace in our busy lives. Kids and their caregivers are invited to participate in a guided movement and stretching session while contemplating this season of gratitude. Children must be accompanied by an adult.



*register*  
**HERE**



MORTON MANDAN

**PUBLIC LIBRARY**



**THE STUDIO**  
WELLNESS COMMUNITY  
OF MANDAN