



**Community Services
& Parks**



**Parks
Make
Life
Better!**

VIRTUAL TEEN NIGHT OUT PRESENTS:



MINDFUL MEDITATION

PRESENTED BY:

DR. JENNIFER EARL

Principal at Hoover High School

FRIDAY, JUNE 19, 2020 * 6:00 P.M. - 7:00 P.M.

Join Dr. Earl as she introduces methods of mindful meditation to exercise during the pandemic. Meditation is something everyone can do to improve their mental and emotional health.

To register, call or email:

(818) 937-7242 - dmmorales@glendaleca.gov

(818) 937-7246 - skhatchadourian@glendaleca.gov



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**REASONABLE ACCOMMODATIONS WILL BE MADE UPON REQUEST.
PLEASE NOTIFY US WITHIN 72 HOURS PRIOR TO EVENT DATE.**