

**WEDNESDAY,  
FEBRUARY 8<sup>TH</sup>, 2017**  
(SNOW DATE—FEB. 15<sup>TH</sup>, 2017)

**6:30—8 PM**  
**SMS CAFETERIA**



# **SMS FAMILY WORKSHOP**

**“CHILL OUT!”**  
***Stress Management  
for All Ages***

Join our presenter, local psychologist Dr. Amanda Morales, for an evening of information and activities related to stress management, mindfulness, and self-care. This workshop will be targeted to students and parents, 5<sup>th</sup> grade and up. Please pre-register at (908) 243-1527 or [hsroczyński@somervilleschools.org](mailto:hsroczyński@somervilleschools.org).

**Refreshments will be served!**



**SPONSORED BY THE SOMERSET COUNTY BOARD OF CHOSEN FREEHOLDERS**  
**THIS EVENT ALSO SUPPORTS THE DISTRICT #VISION2020 GOAL #3.**