

# KIDS CREW - ADULT LESSON SERIES

ANY USD 446 PARENT IS WELCOME TO ATTEND  
ONE OR MORE OF OUR FOUR SESSIONS!

JEFFERSON SCHOOL | 2101 N 13TH  
ST. INDEPENDENCE, KS 67301

## FEBRUARY 7 - *Stress Less With Mindfulness*

Tara Solomon-Smith • Both science and experience demonstrate how being mindful brings positive benefits for our health, happiness, work, and relationships. Simple mindfulness exercises will be introduced that can be incorporated into everyday living!

## FEBRUARY 21 - *Meals in Minutes*

Barbara Ames • “Meals In Minutes” will share tips for planning ahead to have healthy food on your family table quickly even on those busy evenings. Join us for ideas that can save you time as well as money, not to mention safeguarding your family’s health.

## MARCH 7 - *Utilizing Social Media Responsibly*

Katie Townsend • This short session will provide information on the constantly changing social media landscape and provide adults with the ability to make informed decisions for their family. We will address the risks of social media and how they could impact you in ways you’ve never thought of before.

## MARCH 21 - *Tips To Reduce Money Stress*

Kylie Ludwig • Creating and maintaining a plan over the year will help you be ready for the ups and downs that happen every month, from taxes, to birthdays or a broken water tank. Come learn some ways to reduce the stress money has on a family.

Lessons will begin at 5:30 and  
end at approximately 6:30.  
Childcare will be provided!

For more information, please contact  
Mandy Smith at [msmith@indyschools.com](mailto:msmith@indyschools.com)  
or 620-332-1857