



**Cleveland Clinic**  
Wellness

# How Meditation Can Help Your Child in School

## FREE WELLNESS LECTURE

Research shows meditation to be a valuable practice for school-age children. Benefits to children include: feeling significantly less stress, anxiety and depression, greater self-esteem and improved grades. Participants will learn some of the science behind meditation and will have the opportunity to practice meditation. Children ages 8 – 12 are invited and encouraged to participate.

Join Jane Ehrman, M.Ed., CHES, Behavioral Health Specialist, to learn techniques that will benefit your child.

### When:

Tuesday, August 29, 2017  
7:00 pm - 8:00 pm

### Where:

Cleveland Clinic Lyndhurst Campus  
Auditorium - 1st floor  
1950 Richmond Road  
Lyndhurst, OH 44124

### Register:

Free - Registration Required

[clevelandclinic.org/clmevents](http://clevelandclinic.org/clmevents)  
216.448.4325, option 4

**Register On-line: [clevelandclinic.org/clmevents](http://clevelandclinic.org/clmevents)**