



SEL Office of Social & Emotional Learning

Yoga &

Mindful Hour

*There are 168 hours in a week!
This year take ONE hour
to invest in your
MIND & BODY*



Starting Tuesday,
Jan 31st
9:30am - 10:30am

 Chicago Public Schools

PARENT UNIVERSITY

Humboldt Park Parent University at Clemente Community Academy

For more info & to register:
text @2023free to 81010
call 773.534.4041
or email: brivera47@cps.edu





Yoga &

Meditacion

Hay 168 horas en una semana!

En el 2023 INVIERTA

1 hora en su

Mente y Cuerpo

Comenzando
el martes, 31 de enero
9:30am - 10:30am

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