



**FALMOUTH**  
PUBLIC LIBRARY  
MASSACHUSETTS

# mindful MOVEMENT

10:15am Mondays Sep 11 - Nov 13

Movement, stories and songs promoting basic concepts of emotional self-regulation. Mindfulness equips children with emotional literacy, fostering compassion, open-mindedness and even improving sleep!

Geared for children ages 3-6 with a caregiver. All participation levels welcome! Space is limited. Register online. (No group 10/9)



No cost thanks to the Coordinated Family & Community Engagement (CFCE) Grant.

[Click to register](#)

Our organization does not discriminate on the basis of race, color, sex, gender identity, disability, religion, marital status, national origin, age, sexual orientation or any other class protected by federal, state or local law.