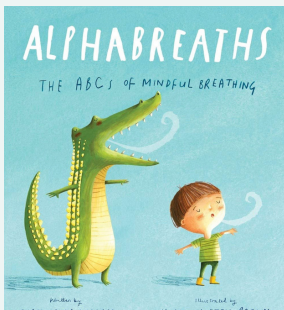


Westwood StoryWalks

Celebrating Children's Mental Health Awareness Week and
Mental Health Awareness Month, this May

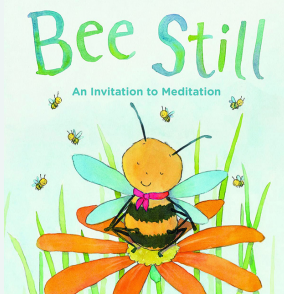
Take a walk outside with the child in your life, read
together and introduce them to the basics of mindfulness,
meditation and calming breaths.

Visit one, or all three throughout the month of May.



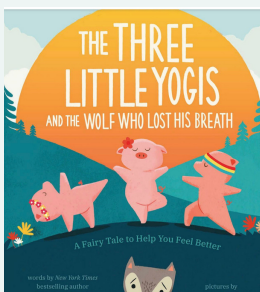
ALPHABREATHS - THE ABCS OF MINDFUL BREATHING

Located at Sen Ki-Hale Reservation
1255 High Street



BEE STILL - AN INVITATION TO MEDITATION

Located at 174 University Ave., University Station
Paved walking path - stroller/wheelchair friendly
Parking available adjacent to Casa Loca Cantina



THE THREE LITTLE YOGIS & THE WOLF WHO LOST HIS BREATH: A FAIRY TALE TO HELP YOU FEEL BETTER

Located on the marked path near Hale Reservation's
Andrew Cucchiara Learning Center - 80 Carby Street

Sponsored by:



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