

Woodlawn Middle School

410-887-1304

3033 St. Lukes Lane • Baltimore, Maryland 21207

Fax: 410-298-4352

February 7, 2017

Good Day Woodlawn Middle School Family,

It is time to start our Wellness Series. For February we will be focusing on Stress Management. Whether you are at work, dealing with family issues, or school work, stress always finds a way to creep up in our daily lives. Some of us manage stress better than others; while some of us need a little more support and guidance to achieve stress management techniques. Please come and join us to learn and engage in some stress management techniques you can use any and everywhere. When you are in a relaxed state of mind you can better help your children in reading and math home assignment or required classwork.

This event will take place on Wednesday February 22, 2017. From 6:00pm-8:00pm. Please return the RSVP by February 17, 2017 or you can email your RSVP to dharris8@bcps.org

Donna Harris
Parent Service Coordinator
Woodlawn Middle School
Baltimore County Public Schools
410 887-1304
410 298-4352 fax #
Dharris8@bcps.org

Wellness Series Stress Management February 22, 2017

____ I will attend the workshop

____ Number Of Attendants

Students Name: _____

Parent's Name: _____

