

District 75 Parent/Guardian Meeting

Get Ready To Learn

“Stress Reduction for Parents and Families

with Anne Buckley Reen, OTR, RYT”

Anne Buckley Reen is the creator of the “Get Ready To Learn” (GRTL) program which is widely used throughout District 75. The GRTL program has helped many students and staff experience improved performance, mood and attention in our classrooms.

This 2 hour parent program will guide participants through a series of gentle exercises to calm the body and focus the mind. Parents will learn simple strategies to improve mood, energy, organization and sleep patterns for themselves as well as for their children.

Date: December 13, 2011

Time: 9:30 am -12:00 noon

**Location: District 75 – 400 First Avenue, New York NY 10010
(On the corner of 23rd Street and 1st Avenue)**

RSVP: 212-802-1685

Please join us for this exciting and informative morning.