



Steps For Creating Calm

SDA Family Forum

- Led by the Encinitas Mindfulness Community and SDA students
- Learn practical, effective techniques for anxiety and stress reduction
- Students and parents welcome. Free. [Please RSVP to sss.sdacademy.com](http://sss.sdacademy.com)
- Sponsored by the SDA Foundation. Community members are welcome.

5 Steps for Creating Calm

Tuesday, October 17, 2017

6:30 p.m. – 8:00 p.m. , Media Center

San Dieguito H.S. Academy

800 Santa Fe Drive

Encinitas