



Elementary School District 159 F.A.C.E Program  
and The Love and Freedom Academy  
Presents

**Exhale Now: Finding Calm in Chaos**

**Thursday, November 19, 2020**

**6:00 PM to 7:30 PM**

Please click on Zoom link to register for event.

Join Zoom Meeting

[https://us02web.zoom.us/j/88332253889?pwd=Z3JpWi93a1FIWIRmVG  
NwQmJzVGovUT09](https://us02web.zoom.us/j/88332253889?pwd=Z3JpWi93a1FIWIRmVG<br/>NwQmJzVGovUT09)

Meeting ID: 883 3225 3889

Passcode: exhale

One tap mobile

+13126266799, 88332253889#,,,,,0#,,742539# US (Chicago)

This workshop is all about you feeling heard, feeling seen and feeling supported.

- Identify ways to access inner peace throughout your day.
  - Get tips and practices to tap into your joy.
  - Approach the holidays with grace and ease.
    - Gain clarity on where to start.

**All participants will receive a gift for attending!**

If you have any questions, please contact Mrs. Jones @ 708-720-9393  
or Mrs. McCoy @ 708-720-9235.

We look forward to seeing you. 😊