



Want to be part of a special event to raise family resilience and improve mental wellness in your home? Join the FREE 10-Day Family Mindfulness Challenge!

A daily mindfulness practice can help children and their parents train attention and focus while creating calm, ease and connection in just minutes per day. (suitable for ages 5-17)

Register your family now at <https://present-moment-living.newzenler.com/courses/free-7-day-worldwide-family-mindfulness-challenge/>

Complete the challenge and be entered to win a free copy of the award-winning children's resilience book "Good Morning, Sunshine!"

As we will be using the Release App (a wellness app for families) throughout the challenge, download it **for free** to be ready for our journey together. <http://thereleaseapp.com/>

This event is hosted by Trina Markusson, Mindfulness Speaker/Teacher/Author.

"Empowering families with tools for mental wellness."

