

CFAES

Breathe Into Change

Classes

In Person:

04/07/25 6:00-8:00p
04/14/25 6:00p-7:30p
04/21/25 6:30p-7:30p
04/28/25 6:30p-7:30p

Alliance Commons
405 S. Linden Ave.
Alliance, OH 446201

Being a Parent/Guardian with children can leave our glass feeling half empty instead of half full. For that reason, let's Breathe Into Change! This is a Parent/Guardian-focused program that can help us better serve our family by taking care of ourselves too!

Over the course of **4 classes**, we will improve our emotional wellbeing through mindfulness techniques and showing our True Colors!

Childcare will be available. Participants who attend classes will receive prizes for attending!



RSVP to <https://go.osu.edu/breathalliance25>

Questions: [Tiffany Williams \(330\) 430-3976](tel:3304303976)



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
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