

CMS PTO  
invites you for a  
parent-child wellness workshop  
on

**March 22nd**

**7:45 am - 9:15 am**

@ CMS Event Center

for

an energizing morning of

**Music & Movement**

seats are limited so please

R.S.V.P.

<https://bit.ly/CMS-RSVP>



In partnership with



OmmWorks goes beyond SEL to provide cognitive active wellness skills,  
creating healthy habits for lasting change

Kathi Donnelley combines her knowledge of dance, yoga, meditation, and mindfulness  
along with 30+ years of working with families and children to create powerful, positive  
programs that inspire and teach

