



PEACE OF MIND VIRTUAL WORKSHOP SERIES TO SUPPORT DISTRICT 118 BAND & CHOIR STUDENT PROGRAMS

CLEAR THE CLUTTER! **Friday, March 12th 7-8 pm**

Improve your life by getting the most from your stuff. Recognize and Eliminate Clutter, then Maximize Your Stuff. Save time and money, and regain control of your home.

OR **STRESS MANAGEMENT** **Saturday, March 13th 10-11 am**

Explore tools for stress management including routines, sleep hygiene, intentional productivity, functional meditation and deep breathing, to deal with what life might toss your way!

\$10 per workshop

Register by March 10, 2021 for one or both workshops on the D118 Web Store at <https://palos118.revtrak.net/Parent-Associations/Music-Parents-Association/#/list>

Zoom links will be emailed by March 11th (end of day) to the account you have registered in the D118 Web Store.



M. Colleen Klimczak, CPO, is a Certified Professional Organizer and owner of Peace of Mind Professional Organizing, LLC. Since 2003, she has helped hundreds get a handle on their space, stuff, paper and time, finding Peace of Mind in their personal and professional lives.