



BERNARDS TOWNSHIP LIBRARY

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Date: Wednesday March 4th, 2015 7:00 – 8:30 pm

**Topic: “The Busy Mom’s Re-centering Workshop:
Understanding the Connection Between Mental Chaos and
Anxiety and Learning How to Break Free”**

Gail Kreitzer, mom and inventor of My Dashboard™ Planner, will host this interactive workshop on our universal state of busyness. Explore innovative ideas and insight for change.

Questions addressed will include:

- **Why are we all so busy?**
- **Does it have to be this way?**
- **What can we do to start feeling better about our choices and more in control of our lives?**

[**Register Now**](#)

****Please note: Teachers may earn 1.5 professional developmental credits for attending this program****