



**ACT NOW**



**AHAM EDUCATION**  
Art of Happiness and Mindfulness  
Academy of the Heart and Mind



Leveraging tech, mindfulness, and art for mental health and gender equity and peace

# GIRL'S WELLBEING PROJECT

INQUIRE, EXPLORE, PRACTICE, REFLECT, SERVE  
12-WEEK PROGRAM

**"I can focus and concentrate better"**

**"Soft belly breathing helps me to calm down when I'm anxious"**

**"I feel less stress"**

**"I am learning I can control my own mind and emotions better"**

**"Shaking, dancing makes me feel free"**

**ORIENTATION ON  
SATURDAY AUG 17**

Inquiry-based learning, mindfulness, imagery and expressive art, movement, nature-based practice, compassion and service to others... to better navigate stress, anxiety, fatigue, and unhealthy behaviors, improve focus, test-taking skills, performance and happiness!



For more information go to [www.ahameducation.org/girlswellbeingproject](http://www.ahameducation.org/girlswellbeingproject) or email us at [info@ahameducation.org](mailto:info@ahameducation.org)