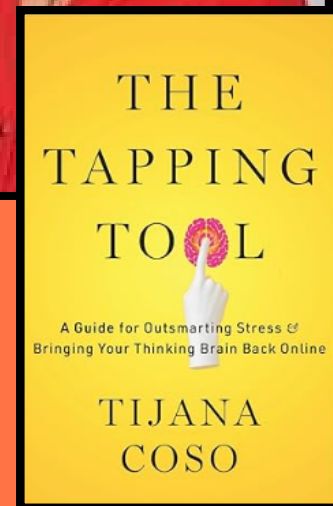


Southern Ohio ESC
presents

TAPPING



Join us as we learn how to utilize tapping in the classroom as a Tier 1 Support. Tapping is an Evidence Based Holistic Approach that relieves stress and anxiety. It interrupts the stress response so you can reengage the thinking part of the brain. To learn more visit www.TheTappingProject.com

Participants will attend either the AM/PM Session on June 3 and the virtual sessions on June 10 & Aug. 1

- **June 3 - In Person**
9 a.m.-12 p.m. or 1 p.m.-4 p.m.
- **June 10 - Virtual**
9 a.m.-12 p.m.
- **August 1 - Virtual**
9 a.m. - 10 a.m.



FREE! for ALL Participants
Questions? Contact Grace Eads
geads@southernohioesc.org

Connect With Us on Social Media

@SouthernOhioESC



Leading with innovative solutions
for student and community success.