FOR IMMEDIATE RELEASE

New Partnership Helps Kids Practice Mindfulness

This month, the Glazer Children’s Museum and Evolve Personal Health are excited to introduce a new FREE outdoor series that focuses on teaching children mindfulness through stress-relieving programs like yoga, meditation, and art.

TAMPA, FL (Oct. 16, 2017) – The Glazer Children’s Museum and Evolve Personal Health are excited to announce a new partnership designed to raise resilient and self-reflective kids. GCM and Evolve are very proud to offer FREE monthly programs to our community including yoga, meditation, and art located in the courtyard outside of the Glazer Children’s Museum. The new series kicks-off with a yoga practice for kids ages 6-10 on October 21 at 9am.

“As parents, we’re often focused on what our kids eat, how much screen time the consume, or how often they play, but we also need to add their emotional balance to that mix,” said Jennifer Stancil, President and CEO of Glazer Children’s Museum. “We hope this monthly series with Evolve inspires families to connect art, movement, and mindfulness as a way to cope with daily stress.”

Balancing school, family, and extracurricular activities can be stressful for children and parents alike. GCM and Evolve hope to inspire kids to approach life with purposeful intent and to equip parents with the tools to incorporate mindfulness practices at home.

"At Evolve, we often say that everything we do creates a ripple effect. We want to help kids gain awareness of themselves and everyone around them, and teaching the simplicity of mindfulness is a central part to this process,” explains Chitra Prasad-Patel, Co-Founder and Introspective Coach at Evolve Personal Health. “As more and more children learn the skill of being present, we could view it like ripples in water – where it will quietly extend out to create a magnitude of change where we least expect it."

Mindfulness is an essential life skill which is proven to help children by:
- mitigating the effects of bullying
- improving mental health and wellbeing
- managing stress
- enhancing focus for children with ADHD
- reducing attention problems
- improving social skills

Interviews and Assets
For interviews with Jennifer Stancil, President and CEO of Glazer Children’s Museum
Contact: Kate White | (813) 443-3809 | kwhite@glazermuseum.org
For interviews with Chitra Prasad-Patel, Co-Founder and Introspective Coach at Evolve Personal Health
Contact: Cayla Hans | cayla@evolveph.com

About Evolve Personal Health
Evolve Personal Health is a unique medical practice at the intersection of health and wellness. Evolve’s board-certified Internal Medicine physician and certified coaches practice Lifestyle Medicine, a field of medicine aimed at improving or reversing preventable health conditions through making lifestyle modifications. The Evolve team takes a multi-dimensional coaching approach and creates personalized action plans integrating three areas of wellbeing - Physical, Nutritional, and Introspective. Classes such as yoga and meditation, as well as community events, are also hosted at Evolve’s space in South Tampa. As the first practice of its kind, Evolve aims to help people transform their health and learn how to Be Better. For more information, please visit www.evolvepersonalhealth.com.

About The Glazer Children’s Museum
Named one of the top five Children’s Museums in America, Glazer Children’s Museum is an innovative educational and culture resource for the Tampa region. Opened in Downtown Tampa in 2010, the Museum sits among skyscrapers as well as green space, and is a central part of the cultural corridor featuring other museums, libraries and a performing arts center. The mission of Glazer Children’s Museum is to create learning environments where children play, discover and connect to the world around them in order to develop as lifelong learners and leaders. The hands-on, minds-on Museum attracts more than 210,000 visitors annually with a 53,000 sq. ft. building full of themed galleries and 170 interactive exhibits for children aged birth to ten. A combination of permanent and traveling exhibits, comprehensive year-round educational programs, and dynamic special events provide children, parents, caregivers, and teachers a rich, cutting edge, ever-changing environment for playful learning. Glazer Children’s Museum, a 501c3 non-profit, also offers over 5,000 sq. ft. of event space, 2,500 sq. ft. of classroom space and a 1,000 sq. ft. rooftop terrace overlooking the picturesque Downtown Riverwalk, along the Hillsborough River. For more information, please visit www.GlazerMuseum.org.

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