

NEWTOWN THERAPY & WELLNESS CENTER

Teen Stress Reduction and Wellness Classes Wednesdays 4:45-6:00pm

Teen stress has become an epidemic and experts say that this stress negatively affects every aspect of their lives, including their health and emotional well-being. The lack of coping strategies often set these children up for a future of chronic stress.

This series is designed to offer teens a toolbox filled with inspiring solutions and techniques that will help manage their everyday pressures and uplift their spirits.



Come join us for a series of 5 classes aimed to integrate positive coping strategies and creative solutions in response to your everyday stresses. Through artistic expression, journaling, meditation, yoga, and visualization we will explore the journey to your incredible self! Have fun using your imagination to develop healthy methods of coping!



Karen Caggia



Lynn Cohen

Registration at www.newtownyoga.com/yoga

Fee: \$35.00 or 5 classes for \$150

Ages 13-18

***THE YOGA STUDIO @ NEWTOWN THERAPY AND WELLNESS CENTER
17 BARCLAY STREET, BUILDING A, NEWTOWN, PA 18940 CALL OR EMAIL FOR MORE INFO:
267-755-9333 OR INFO@NEWTOWNTHERAPY.COM***