



Teen De-Stress

This workshop with facilitator Connie Heagerty is a participatory class especially suited for teens who face unique stressors on a daily basis. In this class we will learn how our bodies react to stress, what our bodies' stress signals are, as well as how to recognize the major and minor stressors in our lives. Learning styles will be discussed as we assess which types of de-stress techniques would best suit each individual. We will sample meditation, breathwork, yoga, tai-chi, visualization and mini-stress busters (which are quick de-stress tools that can be used anywhere, anytime). De-stressing should not be a chore; it should be fun and relaxing and something you will want to add to your daily routine. All that is required from you is to have an open mind and wear comfortable clothes.

Handouts and a CD (\$15.00 value) will be provided to participants to help them continue their de-stress practices.

2010 Calendar of Workshop Dates

Sat., June 19th / 1:00 - 2:30 pm

Sat., Oct 16th / 1:00 - 2:30 pm

Sat., Aug 21st / 1:00 - 2:30 pm

Sat., Dec 4th / 1:00 - 2:30 pm

Place: The Center, 1 Hoffman Street, Auburn, NY

Cost: \$45.00 (includes CD)

Pre-Registration is required. Call (315) 704-0319 to register by phone, or register online at www.Thecenter4wellness.com.