



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MINDFULNESS FOR TEENS

MINDFULNESS FOR TEENS

Help kids regulate their emotions, decrease stress and anxiety, and enhance feelings of calmness. Mindfulness will reduce negative self talk, and cultivate greater self acceptance, develop better social relationships and attitudes.

WHEN: Monday

WHERE: GX ROOM #1

WITH CHRISTINA TODARO

TIME: 4:15- 5:00PM

COST: FREE TO Y MEMBERS



For more information, please contact our Group Exercise Director, **Lisa Pensabene**, at **908 766 7898 x548**.

SOMERSET HILLS YMCA

A branch of Somerset County YMCA

140 Mount Airy Road | 665 Martinsville Road
Basking Ridge, NJ 07920 | Basking Ridge, NJ 07920

www.somersetcountyyymca.org (P) 908 766 7898

 [Facebook.com/SomersetHillsYMCA](https://www.facebook.com/SomersetHillsYMCA)

 [Twitter.com/shymca](https://twitter.com/shymca)

The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Somerset County YMCA and financial assistance, visit us at www.somersetcountyyymca.org.