

*Mind, Body, Wellness Center presents....*

## ***Young Women's Encouragement Club***

The Young Women's Encouragement Club is open to young women 15-18 years of age. Starting in May 2008, the club will meet for 8 weekly sessions, in which young women will work together to build peer relationships, learn new ways of coping with stress and develop a more healthy lifestyle.

Some of the weekly topics include:

- Living a balanced life**
- Meditation and other relaxation techniques**
- Stress Reduction**
- Eating for Health**
- How to be Happy...most of the time**

The club is facilitated by Jennifer Bronsnick, MSW. Jennifer is a Licensed Clinical Social Worker and Certified Nutrition and Wellness Consultant, she has over 10 years of experience working with children and adolescent's in school and hospital settings.

**Join us to enhance your relationships, spirit, health and well-being!**

**Please contact Jennifer if you would like more information about the club or other clinical services she provides. Call to reserve a spot as space is limited and fills up quickly.**

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