

NEW
FOR
TEENS

DO YOU WORRY ABOUT THE PSAT? SAT? ACT? COLLEGE?

THIS WORKSHOP IS FOR YOU!



! BREATHE EASY !

A RELAXATION WORKSHOP FOR TEENS

Learn how to activate the body's natural relaxation response to reduce stress, improve sleep, boost your energy and mood.

OFFERED ONCE PER MONTH for one hour AT OUR CONVENIENT OFFICE

HAVE A GROUP OF TEENS THAT WANT TO TAKE THE WORKSHOP TOGETHER? NO PROBLEM!

THIS WORKSHOP CAN BE GIVEN AT OUR OFFICE - OR - YOUR VENUE
CONTACT DR. BOATSWAIN FOR DETAILS

914-282-3395

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