



# WELLNESS WEDNESDAY

**FEBRUARY 17**

***Time Out for YOU: Healthy Self Care for Teens***

Self care is about taking care of your mind and body, so you feel less stress and more joy and is vital for your overall wellbeing. This workshop will teach teens to set personalized small, achievable goals to promote healthy self care habits such as sleep, exercise, nutrition, hobbies, and more!

**Audience:** Teens (ages 13-18)

**Time:** 6-7PM

Workshop held via ZOOM. Link provided after registration.

**Facilitator:** Catherine Mutti-Driscoll, Phd, ADHD and Executive Function Coach

**Pre-registration is required at [bit.ly/nynwellness](https://bit.ly/nynwellness)**

Check often for program additions to the schedule by visiting [www.northvilleyouthnetwork.org](http://www.northvilleyouthnetwork.org)!

Free fun and engaging workshops, programs, and activities to support the healthy development of the minds, bodies, and spirits of our kids!