

TOWN OF BABYLON YOUTH INSTITUTE

TEEN WELLNESS

A GROUP FOR GIRLS AGES 13 & UP

THURSDAY EVENINGS

MIND - BODY - BALANCE

A GROUP DESIGNED TO PROMOTE
SELF-ESTEEM, SELF-CARE,
STRESS REDUCTION, HEALTHY
COPING SKILLS,
AND OVERALL WELLNESS.

MEMBERS WILL BE INTRODUCED TO:

MINDFULNESS

MEDITATION

DBT SKILLS

YOGA

HEALTHY NUTRITION

PRACTICES OF SELF-ACCEPTANCE

OPEN TO
TOWN OF BABYLON
RESIDENTS ONLY

PLEASE CONTACT (631) 422-7620
FOR ENROLLMENT