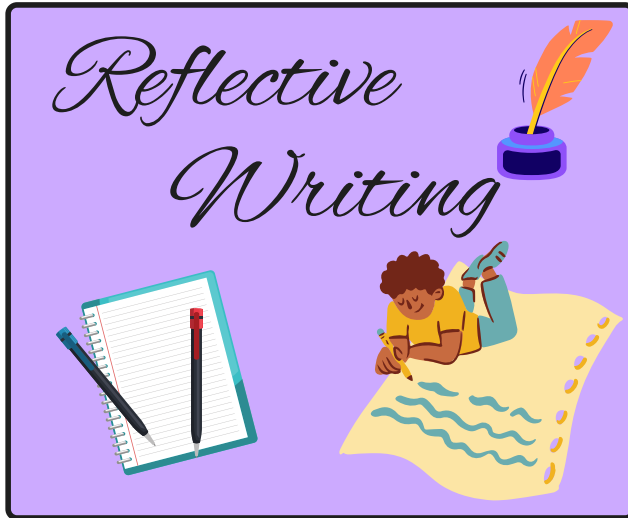


# 4-WEEK WELLNESS WORKSHOP FOR YOUTH

## WHAT TO EXPECT:



**Middle School Dates:**  
Jan. 31st, Feb. 7th,  
Feb. 14th, and Feb. 21st

**High School Dates:**  
Feb. 28th, March 6th,  
March 13th, and March 20th

**Wednesdays, 6-7pm at  
Lakeland Hills YMCA**

**Interested in joining?**  
Use the QR code to register for a  
4-Week Wellness Workshop.  
We can't wait to see you!



**After registering, you will be added  
to our email list for any updates or  
changes to dates or times.**



**LAKELAND HILLS YMCA**

100 FANNY RD, MOUNTAIN LAKES, NJ 07046

Workshops will be led by mental health professionals from the Mental Health Association.

