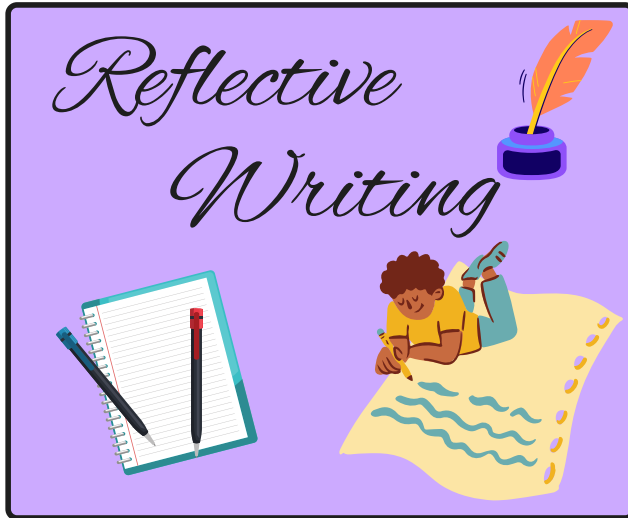


# 4-WEEK WELLNESS WORKSHOP FOR YOUTH

## WHAT TO EXPECT:



**Middle School Dates:**  
Feb. 8th, Feb. 15th,  
Feb. 22nd, and Feb. 29th

**High School Dates:**  
March 7th, March 14th,  
March 21st, and March 28th

**Thursdays, 6-7pm  
at Sussex County 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.**