



Stress Busters

for Kids & Young Teens (ages 6-13)

25901 Emery Road, Suite #112
Warrensville Heights, OH 44128
216-765-4470
www.insight-wellness.com

Who: All kids who would like to learn how to avoid Bullies, De-Stress & have FUN!
What: Group lessons to promote confidence & resilience, lower anxiety, build social skills & leadership abilities and learn ways to respond & handle bullies.
When: 2 Saturdays each month, through June, 1:30 - 3:30pm -- starts January 12, 2013.
Where: Insight Learning & Wellness Center - Multipurpose Room Suite 112

"Building Strong, Healthy Kids & a More Peaceful World"

Our stress-reducing lessons are meant to empower children and young teens toward a healthier life. Classes will include activities in the following: art, yoga, mindfulness, nutrition, affirmations, Emotional Freedom Technique (EFT=energy exercises to calm & clear negative emotions) & positive psychology and nature activities. We will also explore crystals, aromatherapy, drumming and healthy cooking; plus receive a "Oneness Blessing" within our small, friendly group. Limited class size, so register now!

Registration: 12 2-hour classes – Early Registration only **\$425**
(if registered by 12/15/12 – and paid in full by 1/5/12...Fee after 12/15 = \$480)
Maximum of 16 students

Bonus: Each class includes all supplies & a *healthy snack*

Questions: Call Michelle Martin, ED.S. at **216-765-4470**



Return form no later than January 5, 2013.

Insight's Stress Buster's Registration

Child's Name: _____
Age: _____ Birthdate: _____
Address: _____ City: _____ Zip: _____
Grade: _____ School: _____
Parent's Names: _____
Mother's Phone: _____ Father's Phone: _____
How did you hear about this class? _____ Diagnosis: _____
Social/Behavioral concerns _____
Parental Goals: _____
Hobbies/interests _____

Check Enclosed (Payable To: Insight Learning & Wellness) CC: VISA MC AMEX
Card #: _____ Exp. Date: Mo _____ Yr _____
 Billing Address Same as Above Different Billing Address: _____
Signature: _____ Date: _____