



Stress Busters

for Kids & Young Teens (ages 6-13)
STARTS JANUARY 26, 2013

25901 Emery Road, Suite #112
Warrensville Hts, 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:** Two Saturdays each month, through June, 1:30 - 3:30pm
- 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. 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 1/23/13. \$480 after.)
Maximum of 16 students
- Bonus:** Each class includes supplies & a *healthy snack*
- Questions:** Call Michelle Martin, ED.S. **216-765-4470**



Insight's Stress Buster's Registration

Child's Name: _____
 Age: _____ Sex: _____ 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 _____ Verification code _____

Billing Address Same as Above Different Billing Address: _____

Signature: _____ Date: _____