



Healthy Teen

NOW is the time to be a Healthy Teen!

Your teenage years are when you start healthy habits. Learning and implementing healthy ways, not only helps you feel better now, it sets the stage for maintaining healthy habits as a woman.



This educational workshop is designed to be an informative and fun experience. Teens will leave this workshop with a basic understanding of healthy principles and behaviors to achieve well-being. Class size is limited to 15 teens, aged 15-18.

Learn the Basic Principles of Being Healthy

- Eating Well: Basic Elements of Good Nutrition
- Moving Regularly: Basic Elements of Exercise
- Positive Downtime: Importance of Rest & Sleep
- Positive Thinking: Ways to think more positively
- Stress Management: Ways to cope with stress

Next Seminars

Date: July 9th for Teens age 15-18 **Time:** 11-1pm **Fee:** \$45 per teen

Date: September 10th for Teens age 13-15 **Time:** 11-1pm **Fee:** \$45 per teen

Register early to secure your place. Call Suzanne Nixon at 703-729-0505

Dr. Suzanne Nixon has been in the field of education, counseling and wellness for 30 years. In 2008, she completed a professional training program at Duke University, NC, in integrative health coaching and wellness.