

TOWN OF BABYLON YOUTH INSTITUTE

# TEEN WELLNESS

A GROUP FOR GIRLS AGES 13 & UP

THURSDAY EVENINGS

MIND - BODY - BALANCE

A GROUP DESIGNED TO PROMOTE  
SELF-ESTEEM, SELF-CARE,  
STRESS REDUCTION, HEALTHY  
COPING SKILLS,  
AND OVERALL WELLNESS.

MEMBERS WILL BE INTRODUCED TO:

MINDFULNESS

MEDITATION

DBT SKILLS

YOGA

HEALTHY NUTRITION

PRACTICES OF SELF-ACCEPTANCE

OPEN TO  
TOWN OF BABYLON  
RESIDENTS ONLY

PLEASE CONTACT (631) 422-7620  
FOR ENROLLMENT

THE TOWN OF BABYLON YOUTH INSTITUTE, INC. IS A NOT-FOR-PROFIT ORGANIZATION FUNDED BY THE TOWN OF BABYLON, COUNTY OF SUFFOLK, AND STATE OF NEW YORK