

# NORTHVILLE HIGH SCHOOL WELLNESS CLUB



## **November 7 - Balancing the Pressure: A Teens Guide to Thriving**

Stress and Pressure aren't necessarily bad things, it depends on your mindset and perception. Learn tips & tools to find balance and cope in everyday life.



## **January 16 - Foundations of Wellbeing**

Strengthen your building blocks for a solid foundation of overall health. Join us for recommendations on how to increase overall wellness.



## **April 10 - Vision to Reality: Effective Goal Setting Strategies**

Get equipped with the tools and techniques needed to set and achieve meaningful goals.

**Programs held in the Forum  
6-7PM**

**Link to Register:**  
[bit.ly/nynwellnessnhs24-25](https://bit.ly/nynwellnessnhs24-25)

**Presented by**

