

BRAINSTORM PRESENTS:
THE IMPACT OF STRESS
A FREE SEMINAR FEATURING:



November 14th, 2018 | 7:00 - 8:30 pm

BrainStorm Learning & Arts Center, Franklin Lakes

Please join us for a presentation that focuses on the impact stress has on the brain & body as well as healthy ways parents can work with their children and environment to optimize brain health and limit stress. **Topics will include diet, stress management techniques, organizational strategies and sleep management.**

Middle and High school students will experience their own training on mindfulness and stress techniques, including ways to focus, calm their body and sleep.



Katie Gately is a dually certified Licensed Professional Counselor and Board Certified Behavior Analyst, as well as a recent graduate of the Institute for Integrative Nutrition. Katie owns Behaved Brain Wellness Center, a holistic therapy practice focusing on brain health and healthy treatment for stress, anxiety and other behavior difficulties.



Nicole Huertas is a Licensed Professional Counselor and has completed the 95 hours toward yoga certification in children. She works with clients on stress management techniques, as well as providing therapy to children and families at Behaved Brain Wellness Center.

To register: please call Kate @ 201.739.3823 with your best contact phone number and name of each individual in your party. We hope to see you there!



BRAINSTORM
TUTORING & ARTS

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