



Mindful MOVEMENT

\$100 per Person, per Session

MOVEMENT & JOURNALING TO PROMOTE WELLNESS

WHEN

Saturday 9-10 am

WHERE

AFG Guidance Center
1622 Willow Rd. Suite
200
Northfield, Illinois
60093

CONFIRM
YOUR SPOT
WITH THE
FRONT DESK

WHO

Female-Identified Individuals
15-18
Lead by: Angela Juister, Psy.D