

Body, Mind & Soul



Join us in a group effort to make positive changes regarding a healthy lifestyle.....

Weekly sessions will help motivate you and encourage proper eating habits and exercise tactics to improve your overall well-being. Cost \$5 per session.

When: Session day & time to be determined as a result of participant's survey on reverse which may be called in or emailed to spyouth1@optonline.net

Where: St. Patrick Youth Office

Who: Any interested person from Adolescence – Adult

Why : To join with others for support in healthy lifestyle changes.

Please note, we can accommodate a group at your location. Call for details. Call Cindy or Angela at 724-1261. See you soon!

Survey

Name_____

Address_____

Phone #_____Cell Phone #_____

Email_____

Session Availability:

| | | | |
|------------------------|-------------|----|----|
| 1 st Choice | M, T, W, Th | AM | PM |
| 2 nd Choice | M, T, W, Th | AM | PM |
| 3 rd Choice | M, T, W, Th | AM | PM |

Comments_____

Please return to St. Patrick's Youth, 280 E. Main St,
Smithtown, NY 11787, or call in @ 724-1261 or email
your response to spyouth1@optonline.net