

FREE WORKSHOP LED BY ADINA ROSENBERG, MCAT, BC-DMT, LPC



WHERE: Middletown Friends Meetinghouse
453 W. Maple Avenue
Langhorne, PA 19047
Contact langhorneclerk@gmail.com for more information

WHEN: Sunday April 27th, 2014 The program will begin with light refreshments at 12:15 and will last approximately one hour.

Middletown Friends Meeting is hosting a monthly series of speakers on the subject of Improving Your Life. These events are free and open to the public

Everyday Stress Management Skills

This course offers participants a space to refocus, reeducate and re-experience the self. Participants will be introduced to controlled breathing, guided imagery and progressive muscle relaxation. When practiced correctly, meditation and mindfulness offer deep and lasting benefits for mental functioning, emotional and physical health and well-being.

Presenter: Adina Rosenberg is a licensed professional counselor with over 25 years experience working with children, adolescents and adults. A lecturer for Holy Family University's Masters in Counseling Psychology Program and adjunct professor for Drexel University's Department of Creative Arts Therapies, she maintains a private practice in Fairless Hills. She can be reached at 215-431-3111.