

# HEALTH & WELLNESS

## AT PORT WASHINGTON PUBLIC LIBRARY

### Taming Anxiety for Teens (and their Parents)

Wednesday, May 12th at 7pm

The end of the school year causes many students stress and anxiety. Dr. P. Dominique Padurano will teach students and their parents a variety of techniques to relax at home and combat test anxiety in school. Dr. Padurano is a certified yoga instructor and former high school teacher. Dress comfortably.

### Teen Meditation

Thursday, May 20th at 7pm

Teens are invited to explore various styles of meditations, breathing exercises, and yoga poses to reduce stress and help build their own wellness. Join yoga instructor, Lenora Gim, as she guides you through a series of poses and provides helpful techniques on mindfulness.

**Register at [PWPL.org/Teens](http://PWPL.org/Teens)**

**For Teens in grades 7-12 | Register beginning May 1**