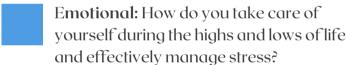
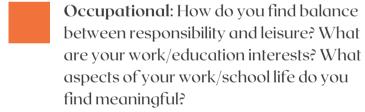
YOUNG ADULT WELLNESS GROUP WORKSHOPS

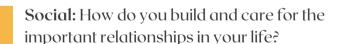
Eric Pegnam, LICSW Nick Marinakis, MS, RDN, LDN

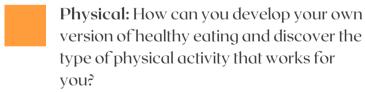
The Triumph Center will be continuing its young adult (16-25 years old) wellness group this summer. The goals of these group sessions will be to support each individual in developing their own approach to wellness as a tool to take care of all aspects of self. This group will meet weekly for 90 minutes for eight weeks and explore the following dimensions of wellness:

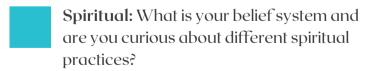












Intellectual: What role does learning play in your life? What types of learning do you value outside of academics?

There will be a discussion and experiential component to many of the above topics based on the interests and engagement of the group. At the conclusion of this group, attendees will have an actionable wellness plan with particular focus on healthy eating/food prep and developing optimal physical activity for each individual.

* Individual nutrition sessions available upon request billed through insurances (BCBS, Cigna, Harvard Pilgrim, Tufts, Mass General Brigham, Aetna). *



George Marinakis, Ph.D. Christopher Anderson, Ph.D. Timothy Niemiec, LMHC, BCBA, LABA Allison Jekogian, Psy.D. Emily Barry, Ph.D., BCBA

SUMMER GROUP REGISTRATION FORM 2024 IN-PERSON GROUP IN READING

New-applicat	ion Re-enrolling in group program
	TUESDAYS 3:00-4:30,
	nd - AUGUST 20th (8 WEEKS)
Parent Name (1): Guardian's Name(s):	Date of Birth:// Age:Grade: Parent Name (2):
Email:	Phone:
Address:	Town/Zip:
• •	ole): \$150.00. Acceptable methods of payment are cash or check 0.00 for the eight-week program (\$70.00 per session).