

*Learning to love...you!*

## Exercise and Summer

*Katelyn Struthers, Certified Personal Trainer*

*If you're anything like me, summer is my favorite season to get in my daily workouts. I just want to be outside whether I'm bicycling, walking, paddle boarding, playing outside with dogs and kids, or swimming. Finding exercise opportunities in the things you love to do seems much easier in the summer. But there are also some things to remember when the sun gets hot and the days get long. Check out these great tips from Active.com to help keep you safe while exercising the next few months:*

- ◇ *Avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally, the early morning is the best time to workout.*
- ◇ *Wear loose, light-colored. The lighter color will help reflect heat, and cotton material will help the evaporation of sweat.*
- ◇ *Sunscreen is a must. You can get burned and suffer sun damage to your skin even on cloudy days.*
- ◇ *Stay hydrated. Before you go out, drink a glass or two of water. Take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water.*
- ◇ *If you can, choose shaded trails or pathways that keep you out of the sun.*

***We need YOUR help!***

***Please consider taking our short,  
10 question survey to help us  
determine the next steps for  
Rock Creek Wellness!***



*Visit our website or <https://www.surveymonkey.com/r/7L3SBLZ>*

*imagine  
the impact  
of being kind.  
smiling more.  
seeing the good first.  
life is too short  
to be dragging others down.  
you get a choice  
every single day.  
choose kindness.  
this world needs you.*

*words by rochel marie martin  
findingsjoy.net*

**Rock Creek Wellness**  
**60 B Franklin Rd.**  
**Mercer, PA 16137**






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## Prevention

**Krista Armstrong, Licensed Professional Counselor**

*In my role as a counselor, I often see the negative impacts of traumatic experiences. Because of this, I am passionate about prevention. One way to prevent negative outcomes is to increase awareness surrounding the problems we all face; I plan to do this by offering education and trainings to the community. One training that I can provide to students, community members, and organizations is on the Adverse Childhood Experiences Study (ACES). The ACES training is based on an extensive study which looked at adults' adverse childhood experiences such as abuse or divorced parents and their current physical and mental health status. The study found that the greater the number of adverse childhood experiences, the more likely individuals were to suffer from both physical and mental health problems later in life. The study and training also demonstrate that certain resiliency or protective factors provide a buffer that reduces negative outcomes. The goal of the training is to increase a collective understanding of the impact of trauma and develop an awareness of resiliency factors in order to mitigate adversity. Knowing the impacts of difficult experiences and learning about how to build resilience can help with long term success and positive outcomes. If you're interested in scheduling a training, please contact us.*



Improved decision-making

**Stress Management**

Thursdays, July 18<sup>th</sup>- August 15<sup>th</sup>

Grades 6-8: 11am-noon

Grades 9-12: 12:30-1:30

Relaxation

Decreasing anxiety

Coping skills

Healthy habits

Improving friendships

**Relationships**

Tuesdays, June 11<sup>th</sup>- July 2<sup>nd</sup>

Grades 6-8: 11am-noon

Grades 9-12: 12:30-1:30


Bullying issues

Self esteem

Getting along with parents & siblings

Communication skills

Facilitated by Krista Armstrong, MA, LPC



60 B Franklin Rd. Mercer, PA 16137

Cost is \$60 per session  
may be covered by insurance

Please contact Rock Creek Wellness at 724-269-7222 or email [rockcreekwellness09@gmail.com](mailto:rockcreekwellness09@gmail.com) for more information or to register

**for students entering grades 3-5**



Having more fun

**Coping Skills**

Thursdays, July 18<sup>th</sup>- August 15<sup>th</sup>

2:00-3:00

Identifying emotions

Decreasing anxiety

Anger management

Relaxation

Making & keeping friends

**Social Skills**

Tuesdays, June 11<sup>th</sup>- July 2<sup>nd</sup>

2:00-3:00

Asking for help

Bullying issues

Getting along with parents & siblings



Facilitated by Krista Armstrong, MA, LPC



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