

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
 findingsjey.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.

TEEN STRESS 101

RELATIONSHIPS, PARENTS KEEPING UP COLLEGE & FITTING IN EXPECTATIONS, ADVERSE CHILDHOOD EXPERIENCES

Stress Management
Thursdays, July 18th- August 15th
Grades 6-8: 11am-noon
Grades 9-12: 12:30-1:30

Improved decision-making, Relaxation, Coping skills, Healthy habits, Decreasing anxiety

Relationships
Tuesdays, June 11th- July 2nd
Grades 6-8: 11am-noon
Grades 9-12: 12:30-1:30

Improving friendships, Self esteem, Communication skills, Getting along with parents & siblings, Bullying issues

Facilitated by Krista Armstrong, MA, LPC

Rock Creek WELLNESS
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 for more information or to register

for students entering grades 3-5

Social Skills
Tuesdays, June 11th- July 2nd
2:00-3:00

Making & keeping friends, Bullying issues, Asking for help, Getting along with parents & siblings

Coping Skills
Thursdays, July 18th- August 15th
2:00-3:00

Having more fun, Relaxation, Identifying emotions, Anger management, Decreasing anxiety

Facilitated by Krista Armstrong, MA, LPC

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