

JUNE



Learning to love...you!

Celebrating Dads and Teachers

Nicole Warren, Licensed Massage Therapist

School is out for the summer, June is always about the graduates but how about those hardworking teachers? **PROMOTIONAL** massage spaces that have been reserved just for you! In honor of all the hard work this school we're proud to offer the following promotions:

FREE UPGRADE to a 60 minute massage (a \$60 value) when you purchase a half-hour treatment at \$40.00!

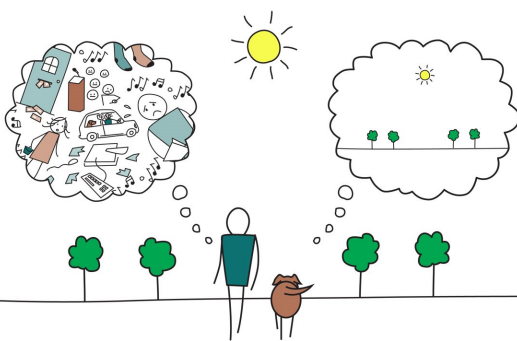
FREE UPGRADE to a 90 minute massage (an \$85 value) when you purchase an hour treatment at \$60.00

Call 724-269-7222 to claim- voicemails will be answered in the order received. Check hours of operation for best results. No online appointments will be considered for this promotion.

And let's not forget Father's Day on June 16, 2019. Stop by to pick up a gift card for Dad with the same free upgrades available. Give dad a break this Father's Day!

"The best way to capture moments is to pay attention. This is how we cultivate mindfulness."

- Jon Kabat-Zinn



Mind Full, or Mindful?

A TEACHER
OPENS MINDS
AND TOUCHES
HEARTS ❤️

Promotion covers only Relaxation and Pain Relief massages. Payment required at the time of booking. Free upgrade available ONLY on the days and times shown. No rain checks-no rescheduling-no cancellation fees. Cash value never expires. Only one promo per teacher. Proof of employment needed at the time of appointment.

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



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Mindful Summer Activities

Krista Armstrong, Licensed Professional Counselor

While having fun this summer, you can help your kids learn and practice mindfulness with these activities!

Blow bubbles : encourage kids to take a deep breath in through their nose and out through their mouth to blow bubbles. Have them focus on their breath and the bubbles they create! Take a mindful walk : Turn on your senses & observe and describe what you see, smell, hear, and feel Watch the clouds : lie in the grass silently and just watch the clouds drift by Play in the sand : pay attention to what the sand feels like between your fingers and toes Color : do a page in a coloring book and JUST color. Find & collect rocks or seashells : once you find them, use your sense of touch to explore the items and describe them to each other

Practicing mindfulness can help improve focus, decrease emotional reactivity, reduce stress, and improve overall health & wellness!

TEEN STRESS 101

RELATIONSHIPS, PARENTS KEEPING UP COLLEGE & FITTING IN EXPECTATIONS, OVER SCHEDULE

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, Bullying issues, Getting along with parents & siblings, Communication skills

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, Asking for help, Bullying issues, 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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