



cornerstone family programs
& morristown neighborhood house
Better Lives, Stronger Communities

Mind Over Matter

For Teens Only
(12-18yrs)

UNPLUG, UNWIND, CALM YOUR MIND

**Join Life Coach and Celebrity Strategist,
Jax Lake in this inspiring 8-part mini-series!**

Every Tuesday @ 6:00 PM
May 4th – June 22nd
Sessions will be a mix of
virtual & in person
12 Flagler Street, Morristown NJ



Learn the power of positive thinking, manage stress,
get in touch with friends old and new and enjoy the
things you love to do!

Get your body and mind in tip top shape,
strength training, mindful meditation and relaxation
with personal trainer, Vaughn Irving

First 10 to register will
get a gift card!

Only 25 Spots Available – Register Now to reserve your spot
today! Contact jlooby@cfp-mnh.org

****Teens must commit to attending all sessions as space is limited****



JUNIOR LEAGUE OF
MORRISTOWN