

# Stress-LESS Seminar

Are You Stressed Out By...  
Athletics? Academics? Relationships? College?  
Or Anything Else?

**If so**, please email the addresses below to sign up

[mmyers@ardsleyschools.org](mailto:mmyers@ardsleyschools.org)

[mjohnson@ardsleyschools.org](mailto:mjohnson@ardsleyschools.org)

**Seminar Facilitated by**

Dr. Michelle Myers – School Psychologist, Psy.D.

Ms. Monique Johnson – School Social Worker, LCSW

**Seminar will begin on October 22nd during 9th period  
Once a week for 6-8 weeks**



## #FindYourBalance

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