

Don't Miss this Empowerment Program for Tweens/Teens and their Parents!

The Sophia Valsamos Foundation and SYJCC present

“Motiv8: 8 Ways To ROCK Your Own World”

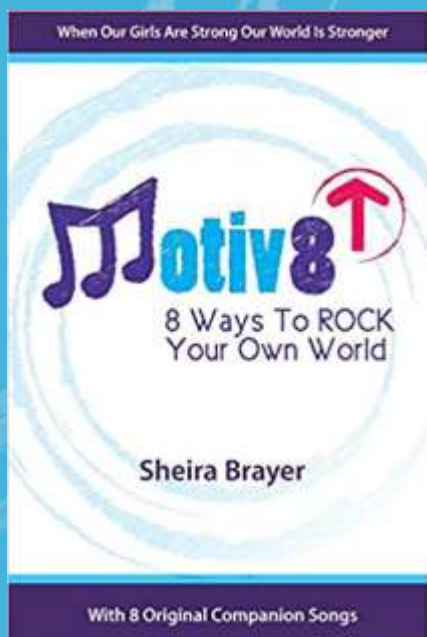
with Empowerment Speaker, Award-Winning Songwriter, and Life Coach

Sheira Brayer



Sunday, March 1, 2020 | 3:00 pm

Suffolk Y JCC, 74 Hauppauge Road, Commack



Based on her inspiring book, Sheira delivers a dynamic, interactive, multimedia-based and FUN program that incorporates music, humor, interactive exercises, and pure heart-to-heart connection.

Through Motiv8, tweens/teens and their parents learn 8 simple but effective skills to help them reduce stress, increase awareness, improve decision-making, boost confidence and, ultimately, feel better in their own skin.

FREE Event—Not to Be Missed—Open to All!

Individuals Welcome—Pairs Encouraged

To register, [click here](#), visit www.syjcc.org, or call 631-462-9800 x133

Questions? Contact Rabbi Sheila Goloboy, LMSW, sgoloboy@syjcc.org or x151

Pre-register by February 28 for a free raffle entry.

