



Scan to Register



FREE S.P.R.I.N.G. Reset for Youth!

Strength, Presence, Relaxation, Insight, Nourishment & Growth

Join us for a hands-on retreat where youth learn and lead in health and wellness!

DETAILS:

Designed for Grades 9-12

April 21, 2026 12:00 pm - 4:00 pm

Chelmsford Public Library

Call: (978) 250-5241 with Questions

WHAT YOU'LL LEARN:

- Mindfulness Skills:
 - Manage stress, stay present, and improve well-being, sleep, and mood.
- Promote Healthy Movement:
 - Stretch, move, learn how to exercise with items around your home!
- Learn Healthy Eating Habits
 - Discover nutritious, easy-to-make snacks for optimum energy, such as smoothies!

Light, healthy snacks and free giveaways provided!
Registration is required.



Presented by: The Chelmsford Health Department and the Merrimack Valley Health Education Center

