



LIVING WELL SERIES

Replenish energy. Build connections. Boost your well-being.



INSTRUCTOR



SHANNON SEIFERTH

Director of Healthy Living
National Board Certified
Health & Wellness Coach

I utilize a strengths-based approach to engage in a proactive process of self-exploration, knowledge development, and building self-efficacy.

REGISTER NOW

SCAN ME



SESSIONS

JULY
10

CARING FOR YOUR WHOLE SELF: WELLNESS CHECK-IN

Participants will leave with a clearer vision of their own well-being, and pathways to reenergize their self-care routine.

JULY
17

PARTNERING WITH YOURSELF FOR STRESS RELIEF

Participants will learn how to improve their stress mindset by understanding what stress is and how it impacts the whole body.

JULY
24

SLEEP WELL TO BE WELL

This workshop is designed to give participants the opportunity to assess their current sleep habits and create a personalized sleep action plan.

JULY
31

TURNING INWARD: MINDFULNESS, EMOTIONS, AND SELF-COMPASSION

During this workshop participants will explore simple, yet powerful techniques to tune in and practice kindness toward one's self - during the joyful times and while navigating life's challenges.



WEDNESDAY
10:00- 11:00 AM



MEMBERS: \$5; COMMUNITY: \$15
PER SESSION



Exeter Area YMCA
56 Linden St, Exeter, NH