

## **Creative Dramatics Helps Youngsters & Teens “Express Yourself”**

*Source: The Tree of Health Center, LLC*

*Dated: Oct. 15, 2013*

*Rekindle your child's light and inspiration to build confidence, communicate and collaborate.*

NEWTON, N.J. -- Newton, NJ – Our youth are our hope for the future. And you’re doing your part to help them grow and step out into the world as smart, confident and loving adults. But sometimes life throws curveballs that can deflate their self confidence. They pull back, close off their creativity and lose confidence in their beautiful uniqueness.

To help rekindle and enhance their light and inspiration, The Tree of Health Center presents a free introduction to “Express Yourself”. On Saturday, November 2, 2013, programs will be offered to 9-12 year olds from 10:00-11:00 AM and from 2:00-3:00 PM. 13-15 year olds can join programs from 11:30 AM-12:30 PM or from 3:30-4:30 PM.

Fran Decesare, resident actress and dramatics expert, uses her BFA in Speech and Theatre and her 25 years of performance experience to create a fun and interactive environment for youngsters and teens alike. They’ll be energized and motivated as they learn theatre games and improvisation exercises to build their confidence and communicate more effectively. If they want more, Fran is offering a six-week Creative Dramatics series to further develop their self confidence, collaboration skills, and concentration.

Debra M. Hollinrake, Partner at The Tree of Health Center, says, *“It has long been our desire to offer workshops and classes for the youth in our community. With Fran’s help, we are finally able to make that happen. Her smile and enthusiasm are highly contagious and we couldn’t be happier to have her initiate our stronger connection with youngsters and teens right here in Sussex County.”*

We invite your children to the oasis of warmth and caring at The Tree of Health Center. On November 2nd they can begin a fun and creative journey toward expressing themselves with joy, and laughter, and love.

To register, please call the Center at (973) 500-8813 or contact Fran at [goldenvoice65@yahoo.com](mailto:goldenvoice65@yahoo.com) or (973) 713-2231.

### **About The Tree of Health Center**

"The Tree of Health Center" is a community rooted center that takes into consideration that there are many ways to grow, heal and stimulate self awareness for a healthy mind, body and spirit. The goal is to bring together the best of Natural & Modern Medicine and bridge the gap between all healthcare traditions. Everyone at the Center helps you to facilitate a healthier lifestyle, stronger relationships, and a sustainable future for the health and welfare of our worldwide community. Visit <http://www.thetreeofhealthcenter.com> for current events, updates and to join the community.

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Email	<a href="#">Click to contact author</a>
Phone	(973) 500-8813
City/Town	Newton
State/Province	New Jersey
Country	United States
Industry	<a href="#">Health</a>

Tags [children](#), [Confidence](#), [theatre games](#), [improvisation](#), [communication](#)  
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