



Your Space, Your Way!

Dear Partner in Wellness,

My name is Abigail, and I am a high school fourth-year student.

I am a student-athlete involved in many clubs, Student Government Vice-President, captain of my Varsity Soccer Team, a tutor, and a mentor. I am also a Girl Scout, and created a project I would like to share!

Your Space, Your Way is a project intended to encourage teens and their parents to create a comfortable relaxing space at home, as an escape from a busy and stressful world. For this project, I researched and suggested strategies using color, light, scent, music, shown in the enclosed brochure.

Teens are busy with schoolwork, clubs, sports and work responsibilities. Sometimes teens and parents forget that students need to relax.

I hope you will review the enclosed and join me in promoting this project.

Working together, we can make the world a better place, one day at a time!

For more information or a PDF copy of this brochure, contact me at ajpjp5@gmail.com.

Sincerely,

Abigail Puzo

Mahwah High School Class of 2023