

***Stressed Teens***

***2020 Winter Session Jan 15th – March 11th***

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***Stressed Teens***, otherwise known as ***Mindfulness Based Stress Reduction for Teens (MBSR-T)***, is an **8-week class** where teens will learn about the profound benefits of integrating mindfulness and other healthy lifestyle practices into their daily routine.

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**Mandatory Parent Orientation**: Wednesday, Jan. 15th

5:30pm - 6:30pm

**8-Week Class** Wednesdays January 22-March 11th 4:00-6:00pm

**Program Cost:**

$425

\*Financial Scholarships Available

**Class Location:**

*Northern Michigan Psychiatric Services, PC*

3287 –A Racquet Club Dr.

Mindfulness strengthens our ability to pay attention to the present moment;

to notice our thoughts, feelings and physical sensations – with curiosity and without judgment. When inspiring awareness through mindfulness - instead of reacting ***Mindlessly***, we react ***Mindfully!*** Using mindfulness practices, teens in the MBSR-T class will gain practical skills to help them better be able to navigate through life’s inevitable challenges

Teens will also learn about the body-mind connection and how leading a healthy lifestyle can positively impact their physical and emotional well-being through;

* *regular exercise*
* *daily physical activity*
* *healthy nutrition*
* *proper sleep hygiene*
* *thoughtful use of technology*
* *self-kindness and self-compassion*
* *mindfulness and meditation*

***\*Full and Partial Financial Scholarships Available!***

***Call for more information 231-935-0355***

**Your teen’s Quality of Life can significantly improve**

***Socially, Physically, Emotionally, Cognitively and Academically* when they choose to lead a consistent, healthy lifestyle!**

Stressed Teens (MBSR-T) has been demonstrated through research to be an effective and evidence-based intervention to reduce adolescent stress and the physical and psychological problems that result

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**To Register:**

**Call Northern Michigan Psychiatric Services, PC**

**231-935-0355**

About the Instructor

Wendy Weckstein, PT, MEd is a Physical Therapist, Wellness Consultant and MBSR Teacher. She is certified in Mindfulness Based Stress Reduction for Teens (MBSR-T). Wendy provides health and wellness evaluations, customized wellness programming and healthy living and mindfulness classes for pre-teens, teens and young adults.

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