

**Stressed Teens**

**2020 Summer Session June 17th – August 5th**

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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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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

**8-Week Class** Wednesdays June 17th -August 5th 4:00-6:00pm

**Program Cost:**

$425

\*Financial Scholarships Available

**Class Location:**

*Northern Michigan Psychiatric Services, PC*

3287 –A Racquet Club Dr.

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

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) and is an MBSR teacher for adults through Brown University School of Public Health. 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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**To Register:**

**Call Northern Michigan Psychiatric Services, PC**

**231-935-0355**

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