



Stressed Teens Class

2024 Winter Session

Wednesdays, January 31st – March 20th

n-Person Class

4:00 pm – 6:00 pm

Stressed Teens Class, (otherwise known as Mindfulness Based Stress Reduction for Teens - MBSR-T), is an 8-week evidenced-based, group-based, and highly experiential class that was adapted from the adult MBSR program founded by Jon Kabat-Zinn. In this class teens will be introduced to mindfulness and meditation practices and learn about the profound benefits of integrating mindfulness and other healthy lifestyle practices into their daily routine.

When inspiring awareness through mindfulness - instead of reacting *Mindlessly*, we respond *Mindfully*! Using mindfulness practices, teens in the MBSR-T class will gain practical skills to help them be able to regulate their emotions and navigate through life's inevitable challenges and daily stressors.

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**

8-Week Class

Dates:

Wednesdays,
Jan 31st – March 20th
4:00-6:00pm

Program Cost:

\$425

*Financial
Scholarships Available

Class Location:

934 S. Garfield Ave
Ste. A Traverse City

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 the Director of Wellness at Northern Michigan Psychiatric Services, PC. Wendy is certified in Mindfulness Based Stress Reduction for Teens (MBSR-T) and is a Certified 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.

Register at:

www.mindfulnessstc.com

or for more information call

231-342-9634



