

Mindfulness for Teens *4 Week Series*

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TUESDAYS

6:30 - 8:00 PM

FEB. 6, 13, 20, 27

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AGES 14 - 17



Mindfulness reduces stress and anxiety, improves mood, improves sleep quality, increases focus and attention and much more. Over 4 weeks, teens will learn skills to find calm in their stressful lives, deal with strong emotions and live in the present moment.

CLASS BY JEN STRATING, BIOFEEDBACK THERAPIST AT WHOLENESS CENTER 2620 EAST PROSPECT RD, FORT COLLINS

SPACE IS LIMITED. REGISTER IN ADVANCE AT 970-221-1106 X219

INVESTMENT = \$120

(INCLUDES COURSE HANDOUTS & AUDIO DOWNLOADS)