



Mindfulness for Teens

Tuesdays 6:30 – 8:00 p.m

October 10, 17, 24 and November 7 (no class Oct 31)

Teens will learn how to effectively use mindfulness to deal with stress, change, and strong emotions. Mindfulness reduces stress and anxiety, improves mood, improves sleep quality, increases focus and attention and much more. This class will give teens the ability to learn how to slow down, find calm in their stressful lives and live in the present moment. *Class includes handouts and MP3. Ages 12 – 17*

Cost is \$100

Class by Jen Strating, Biofeedback Therapist and Yoga Teacher
At Wholeness Center 2620 East Prospect Road, Suite #190 Fort Collins, CO

Register in advance at 970-221-1106

