

AMAZING LEARNING EXPERIENCES

Teen and Young Adult Workshops



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOPIC:

The Resiliency Method:
Less Stress and Anxiety, More Focus and Productivity

PRESENTED BY:

Dr. Michael Smith, ND, BCB
Licensed Naturopathic Doctor

Stress and anxiety can affect your focus, memory and learning. During these engaging workshops, Dr. Michael Smith, a naturopathic physician and board-certified biofeedback trainer, will help teens and young adults learn ways to treat the causes of their stress and become more resilient to those stressors.

Attendees will learn:

- How to identify common stressors, fears and worries
- How they respond to stress and the role their nervous system plays in their stress and anxiety
- Mind-Body Medicine and Biofeedback techniques that work to help relieve stress and anxiety

JOIN US

Sunday, December 12 | 1 p.m.



GALOWICH FAMILY YMCA

749 Houbolt Road
Joliet, IL 60431

Free and open to all teens and young adults, ages 14-21.

REGISTER TODAY!

Please scan here using your mobile phone
or visit <https://operations.daxko.com/programs/redirector.aspx?cid=3080&pid=61169&sid=2831143>



GREATER JOLIET AREA YMCA

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