

# AMAZING LEARNING EXPERIENCES



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Teen and Young Adult Workshops

### 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, January 9 | 1 p.m.



### JOLIET JUNIOR COLLEGE

1215 Houbolt Avenue  
Joliet, IL 60431  
ROOM: U1024

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

### REGISTER TODAY!

Please scan below using your mobile phone:

