

A Happier Healthier You

Classes teaching teens and parents the “superpower” of mindfulness.



Mindfulness has been a recent buzzword, but what does it really mean? Just as the body is influenced by what you eat, your mind is influenced by your thoughts and mindset. With mindfulness, you can train your mind to be in the present moment and spend less time preoccupied with unproductive thoughts.

Studies show that incorporating mindfulness into daily routines strengthens pathways in the brain which lower stress and anxiety and generates a greater sense of well-being. People that practice mindfulness have a more positive outlook, are better able to concentrate, do better on exams and are more self-compassionate.

Attend any of the courses below and experience how mindfulness is helping teens manage their increasing academic demands, stay calm in the face of frustrating social media posts, enhance athletic performance, and improve relationships with peers.

Introduction to Mindfulness - For parents and young people (ages 11-15)
Saturday, October 21, 2017 - 9:30 a.m. to 12:00 p.m.

The Secret to a Happier Healthier You - 5-part series for young people (ages 11 – 15)
Mondays, October 30 through December 4th - 4:00 to 5:30 pm

Mindful Parenting - 3-part series for parents
Saturdays January 27 through February 10 - 9:30 am to 11:30 am

Registration: City of Laguna Beach at (949) 464-6645 or Lagunabeachcity.net

Location: Susi Q Community & Senior Center 380 Third Street, Laguna Beach CA 92651

Information: Marci.Mednick@stjoe.org or (949) 499-7292.