

# Mindful Wellness Workshop for Adolescents

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## POEHAIVOS, DUPONT & ASSOCIATES

887B Rio East Court, Charlottesville, VA 22901



Life can be overwhelming, stressful and hard. Mindfulness techniques can help us learn to manage our feelings and give us a meaningful way to cope. Mindfulness teaches us how to be in our lives, just as it is, without judging our lives.

[“You can’t stop the waves, but you can learn how to surf” –Jon Kabat-Zinn.](#)

Join us for **“An Introduction to Mindfulness”** workshop. This “unplugged” afternoon of stress-reduction serves as an introduction to the importance of mindfulness in our daily lives. Participants will learn about neuroscience and research connected with mindfulness. We will practice calming breathing techniques and meditation.

**Date:** June 28<sup>th</sup> or July 26<sup>th</sup>

**Time:** 4:00pm until 5:30pm

**Place:** Poehailos, Dupont & Associates

887B Rio East Court

Charlottesville, VA 22901

**Cost:** \$50



Please call [434-220-4686](tel:434-220-4686) ext.108 to register.

Presenters:

Philip D. Dupont, PhD,  
Anna Vanhoy, LCSW  
Robin Albertson-Wren,  
Mindfulness Coach