

Be Healthy in Mind & Body



Mind-Body Medicine for Teens

What's Involved?

- Learn about the mind-body connection.
- Learn simple techniques to manage stress, anxiety and depression.
- Find connection with other youth who want to learn how to be healthy in mind and body.

Food is served at each visit.

Confidentiality and respect given to each participant.

Open to all high school students.

Led By:

Patricia Kulawiak, MD & Mike Valdovinos, PsyD

Schedule/Location:

January 6 - February 2, 2020
Mondays, XX pm - XX pm
8-week-session with option to re-enroll if desired.

Dutton Campus
1300 North Dutton Avenue

How to Join:

To enroll, send TE to Patricia Kulawiak



All of us. For all of you.
a *californiahealth* center