

# Wellness Tuesdays

SUMMER WORKSHOP / ACTIVITY SERIES FOR ADOLESCENTS



Dates and Topics

**June 27: Mental Health & You**

**July 4: NO WELLNESS TUESDAY! Enjoy the Holiday!**

**July 11: Positive Self Talk**

**July 18: Technology & Mental Health**

**July 25: Expressing Feelings**

**August 1: Self-image**

**August 8: Healthy Relationships**

**Hours: 10am-12pm – High School Students**

**1pm-3pm Middle School Students**



Each session will include an activity (outdoor physical activity if weather permits OR creative activity indoors) AND presentation and discussion about the topics listed above. Permission REQUIRED prior to attendance. Only one permission slip is needed for all sessions. **Please call 231-282-9039 for any questions.**