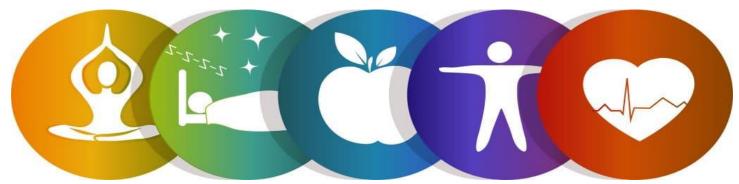
Wellness Tuesdays

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

LAKE CITY
WELLNESS CENTER

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.