

What is Mindful Bodies?

Mindful Bodies' **mission** is to increase mental, physical, emotional, and behavioral health & wellness through programs, products, and services for all people.

Mindful Bodies' **vision** is to provide efficient, effective & affordable offerings.

We **realize** our mission & vision through mental health counseling, physical fitness services & workshops/seminars



Shawnta Wright, MA, LPCS, LPC, NCC, is a Licensed Professional Counselor Supervisor, a Licensed Professional Counselor, a National Certified Counselor, an AFAA certified group fitness instructor & personal trainer, a licensed Zumba instructor, and the owner of Mindful Bodies LLC. Shawnta has more than 17 years of experience working with adults, adolescents, and children. Shawnta's specialty counseling areas include Cognitive Behavior Therapy (CBT) for weight management & obesity treatment, stress management, self-esteem, self image, parenting, adolescent / pre-adolescent issues and wellness counseling. Shawnta has a Bachelors Degree in Psychology from UNC Chapel Hill and a Masters Degree in Agency Counseling from NCCU. Shawnta is the former coach of the Durham Divas & Dude Senior Citizen cheerleading team.

Contact Mindful Bodies

On the Web:

www.mindfulbodies.net

Email us : swright@mindfulbodies.net

On Facebook:

"friend" Mindful Bodies

Call Us:

Office: 919-286-1108

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Our offices are located at Northgate Mall
in Durham NC

Mindful Bodies Fees

Service/Program	Cost
Mental Health Counseling, FM/FB & SHAPEDOWN (SD) Individual/ Couples/ Families Sessions	\$100 per session (sliding scale & Medicaid billing are available)
FM/FB Groups , F2 Groups & SHAPEDOWN (SD) Groups	\$20 per session for FM/FB , \$0 for F2, \$50 for SD groups (sliding fee scale & Medicaid are available)
Fit Teen/ Fit Kids Classes	\$60 for 1 hour, \$45 for 45 min ., \$30 for 30 min.
Zumba/ Group Fitness Classes – Adults	\$50–\$100 per class for groups or purchase of class cards
Personal Training	\$50 for individuals or groups of 2 \$60 for groups of 3–4
Workshops/ Seminars	\$50–\$100 per hour depending on the group size and topic

Mindful Bodies



- **Mental Health Counseling**
- **Physical Fitness Services**
- **Seminars & Workshops**

Mental Health Counseling

Mindful Bodies Licensed Professional Counselors & therapists help clients address the 6 dimensions of wellness. We provide individual & group counseling for various concerns such as weight management, life-work balance, stress, eating body disorders & related issues. **Our mental health services include our Fit Mind/Fit Body & SHAPEDOWN weight management programs.** We accept Medicaid, private pay & sliding fee scale (pay what you can) for our mental health services.



Seminars & Workshops

Mindful Bodies provides interactive seminars & workshops for agencies, churches, schools, colleges, universities, health fairs & for other groups and events. Our trainings focus on mental, physical, behavioral & emotional health & wellness. We can customize and develop unique trainings upon request & we also offer the following trainings:

Inside Out Fitness: Think, Eat, & Move Better

Parent Thyself: Wellness Strategies for Caregivers

Family Matters: Strategies for Healthy Weight Families

Weight Matters: How to Lose Weight for a Lifetime

What's Eating You? How to Stop Emotional Eating!

Stress Less: Wellness Based Stress Management

Physical Fitness Services

Mindful Bodies offers various services to help our clients reach their physical fitness goals. We offer the following services:

- **Personal Training:** We offer individual and small group personal trainings of 2 to 4 people. We specialize in fitness for weight management.
- **Group Fitness Classes:** We offer boot camp classes, interval classes, circuit training classes, cardio kick-boxing classes, cardio dance classes, body sculpting and toning classes.
- **Zumba Classes:** "Ditch the workout and join the party". We will bring the party to health clubs, community centers, child care centers, and various other locations.
- **Fit Kids/Fit Teens (FK/FT classes):**

Fit Kids/Fit Teens (FK/FT) Classes

Mindful Bodies' FK/FT classes consist of fun & interactive physical fitness activities. The FK/FT program helps participants to enjoy being active. Classes can be customized to fit the unique needs of any organization or agency. FK/FT classes include **Fit Games, Fit Drills/Intervals, Fit Stations/Circuits & Zumba Kids/ Zumba Jr.** We ask that our participants follow our 4 FK/FT class rules: Be Safe, Have Fun, Participate & Listen.

SHAPEDOWN (SD) Program

The SD program is part of our mental health counseling services. SD is a well researched, family-based, and developmentally sensitive program that addresses the underlying causes of child and teen, ages 6—18, overweight or obesity. The SD program can be delivered in individual, family & group sessions. SD groups are the most affordable option and consist of ten 2-hour long sessions where children/ teens, and their parents learn and practice weight management skills. After completion of the initial SD program, families may continue to work on weight management and sign-up for our advanced SD groups.

Fit Mind/ Fit Body (FM/FB) Program

The FM/FB program is part of our mental health counseling services & is based on the Beck Diet For Life & Cognitive Behavior Therapy (CBT). The FM/FB weight management program helps adult clients, who are overweight or obese, make permanent lifestyle changes by teaching them the practical & psychological skills needed to lose weight & prevent future weight gain. The FM/FB program can be done in individual, family, & group sessions. FM/FB groups are the most affordable option and consist of twelve-75 minute long sessions where clients meet weekly to learn & practice the FM/FB skills. FM/FB group members receive 1 weekly small group personal training session while enrolled in group.

Fit Mind/ Fit Body Weight Management Skills

- 1: Motivate Yourself Daily
- 2: Weigh Yourself Regularly & Set Realistic Goals
- 3: Mindful Eating (eat slowly while sitting down)
- 4: Give Yourself Credit
5. Get Moving
6. Overcome Cravings, Hunger, & Emotional Eating
7. Plan & Monitor Your Eating
- 8 Follow Your Plan, No Matter What
- 9 Get Back on Track—Right Away
10. Monitor Your Calorie Consumption

Forever Fit (F2) Groups

Many people still need support & information after completing the FM/FB 12-week program so we offer F2 groups which meet once per month in person and on-line. F2 groups are part of our mental health counseling services & are **FREE** of cost. During F2 group meetings, group members review & practice the FM/FB skills, problem solve & brainstorm solutions to any weight management issues they are experiencing. F2 group members can attend group F2 sessions as needed. F2 members receive a discount on our small group personal training sessions.