



# Mindful Bodies

A Mental and Physical Health and Wellness Company



## Workshops/ Seminars

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

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

**Inside Out Fitness:** Think, Eat, & Move Better.

**Parent Thyself:** Wellness Strategies for Parents & Caregivers.

**Family Matters:** Strategies for Healthy Weight Families.

**Family Fun & Fitness:** Inexpensive Fitness Ideas for Active 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 Strategies.

**It's All Connected:** The Link Between Mental Health & Physical Fitness.

**When Working Out Isn't Working Out:** Fitness Strategies that Work

**Efficient:** Our workshops/seminars can be delivered in any length of time. Some groups request 1 hour, 4 hours, a full day, for weekend retreats & conferences, etc. Some groups also combine a Mindful Bodies' group fitness or Zumba class with their workshop/ seminar.

**Affordable:** \$50—\$100 per hour depending on the group size and topic. We offer sliding fee scale (pay what you can) for all of Mindful Bodies programs & services.

**Contact us today to schedule a workshop/seminar at your agency, church, school, college or other location by** visiting [www.mindfulbodies.net](http://www.mindfulbodies.net) or contact Shawnta Wright at 919-812-3172 or [swright@mindfulbodies.net](mailto:swright@mindfulbodies.net).

**Mindful Bodies Offices are located at Northgate Mall in Durham, NC**

**Visit us on the internet at [www.mindfulbodies.net](http://www.mindfulbodies.net)** to learn more about our mental health counseling, group fitness classes, workshops/ seminars & other programs, products & services.



Shawnta Wright, MA, LPCS, LPC, NCC, is a Licensed Professional Counselor Supervisor, a Licensed Professional Counselor, a National Certified Counselor, AFAA group fitness instructor & personal trainer, a licensed Zumba instructor & the owner of Mindful Bodies. Shawnta has more than 15 years of experience working with adults, adolescents & children. Shawnta's specialty counseling areas include weight management, binge eating disorder, stress management, self-esteem, marriage and family therapy, domestic violence and sexual assault. Shawnta has a Bachelors Degree in Psychology from UNC Chapel Hill and a Masters Degree in Agency counseling from NCCU. Shawnta is also the former coach of the Durham Senior Divas and Dude Cheerleading Team.

## **Mindful Bodies Workshops/ Seminars Descriptions:**

### **1) Inside Out Fitness: Think, Eat, & Move Better:**

Through interactive and lively discussion, lecture and activities, the **Inside Out Fitness** workshop will provide participants a brief overview of the 6 dimensions of wellness, which are also known as the SPICES of life (social, physical, intellectual, creative/occupational, emotional, and spiritual) . We will review the risk factors associated that are related to lifestyle factors such as diabetes, obesity, heart disease, emphysema, osteoporosis, back problems, and certain cancers. Participants will leave this session with effective, efficient & affordable, wellness & health strategies for **thinking, eating, & moving** their way to better wellness which they can start putting into practice immediately.

### **2) Parent Thyself: Wellness Strategies for Parents & Caregivers:**

Through interactive and lively discussion, lecture and activities, the **Weight Matters** workshop will provide participants a brief overview of the 6 dimensions of wellness (SPICES of life). We will review the NIDDK's Obesity & Overweight & Physical Activity Statistics for Adults, Children & Teens. We will discuss how obesity affects our whole body. We will discuss binge eating disorder and bulimia. Participants will leave this session with effective, efficient & affordable weight management strategies that they can put into practice immediately.

### **3) Family Matters: Strategies for Healthy Weight Families:**

### **4) Weight Matters: How to Lose Weight for a Lifetime:**

### **5) What's Eating You? How to Stop Emotional Eating!:**

### **6) Let's Talk about Stress: Wellness Based Stress Management Strategies:**

### **7) Family Fitness & Fun: Inexpensive Strategies for Active Families:**

### **8) It's All Connected: The Link Between Mental and Physical Fitness:**