



Mindful living

With Debra Young

AT BAXTER VILLAGE HEALTH CENTER

1171 Market Street, Ste 112
Fort Mill, SC 29708

(803) 802-7799

www.baxtervillagehealthcenter.com

Why a Mindfulness Based Wellness Program?

Tired of being tired? Do you always feel exhausted, but rushed? Overwhelmed? Ever wish you felt more in control of your life and emotions? Maybe feel stuck?



Are you ready to take the first steps of your path to balance, clarity and wellness in all areas of your life? Join Debra for a journey into wellness through healing mind, body, spirit! This is a series of 90 minute classes that delve into current findings in the fields of neuroscience, nutrition, movement as medicine, and of course, Mindfulness. You will learn useful information and tips that have practical applications in managing the continual stressors we all face in modern life. Discover how emotions impact our lives, how to better tolerate stressful situations, and to regulate emotions and live more fully and meaningfully in the present moment.

If you're ready for a change, to learn how to be in wise relationship with what's going on in your life, this series is for you. Join Debra for a separate Mindful Meditation class 30 minutes before the Mindful Living series program begins.

Introducing Debra Young, LPC-NC, CCHt, RYT 500

Wellness Expert Debra Young is helping clients to step into their personal power and claim the life they dream about. Debra is a Licensed Professional Counselor (LPC-NC), hypnotherapist, yoga instructor, and Mindful Living Expert. She has attended professional training in MBSR with Dr. Jon Kabat-Zinn and Dr. Saki Santorelli (created and runs the Stress Reduction Center at U Mass Medical Center). She also has a background in nursing. Debra has combined her passion for nutrition, emotional and spiritual wellness, and the art and science of yoga to help clients reach physical and emotional balance.



About Mindful Living at Baxter Village Health Center



- This is an orientation to mindfulness, food, and movement as medicine. The program runs 16 weeks: four 4 week modules. Morning and evening class times available.
- Mindful Living Series: \$125 per module | \$450 for 16 week program.
- Mindful Meditation Class: \$12 per class | \$40 for 4 week package
- Mindful Living Series Module One Start Dates:
 - Wednesdays, 6:30 - 8:00pm (September 7th start)
 - Fridays, 10:30 - 12:00 (September 9th start)
- **Call or email our office to register for your class:**
(803) 802-7799 or baxterchiro@outlook.com