



ILEAD

Sponsored & Presented by Salem Health,
City of Salem Youth Development, & ILEAD Partners

FREE EVENT

OPEN TO MARION
COUNTY-AREA
TEENS

*BUSES
PROVIDED

LUNCH

3 WORKSHOPS

1ST 60 HIGH
SCHOOLERS ARE
IN!

RUNS 8:30A-1P

EXTENDED

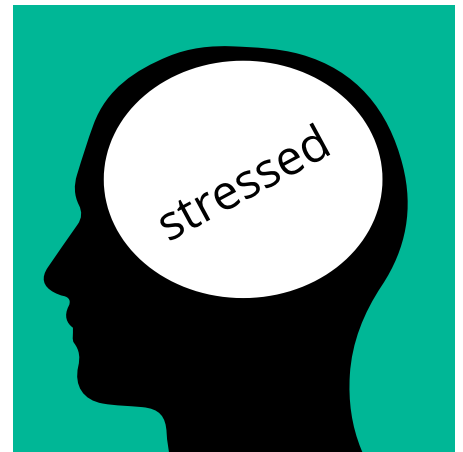


JAN 24 2020



Held at:

SALEM HOSPITAL CHEC CENTER



FOR MORE INFO, CONTACT LAURIE AT TAT@CITYOFSALEM.NET* 503 540 2321



@ileadoregon



@ileadyouthsummit

Get ready to adult while you still have time.

ILEAD EXTENDED:

A series of life & leadership development opportunities
for teens building off of our Fall youth summit content.

WORKSHOP 1:

Good Food. Good Mood.

We have all heard the phrase: "you are what you eat." Did you know that sometimes how you feel comes from what you eat as well?

Learn some simple ways to build more positive habits that can help set you up for success!

WORKSHOP 2:

Stress: Friend or Foe?

Everyone experiences stress - there is no escaping it.

Instead of thinking of stress as a bad thing, how can we treat it like a friend? In this class, you will learn tips on how to best handle stress when it comes, and how to change your relationship with it.

WORKSHOP 3:

Mindful Movement

Yoga...Tai Chi...Meditation...That's for woo-woo people, right?

They won't actually help me with MY life. Will it? As it turns out, they can. Learn how these ancient traditions can have a positive influence in your life today. These techniques will help you build a foundation to accomplish what you want in life, no matter your circumstances.

EAT.

PROCESS.

BREATHE.