

WELLNESS 4 LIFE!



SATURDAY, 10/20
9:00 AM-4:00 PM
COLUMBIA, SC

WELL-NESS (N.):

THE STATE OF BEING IN GOOD HEALTH, ESPECIALLY AS AN ACTIVELY PURSUED GOAL.

ARE YOU A YOUNG ADULT BETWEEN THE AGES OF 12-25 LOOKING FOR HEALTHY WAYS
TO ACHIEVE BALANCE AT SCHOOL, WORK, AND HOME?

DO YOU WANT TO LEARN HOW TO INCORPORATE WELLNESS TOOLS IN YOUR DAILY LIFE?

Register for our fun training today!

This interactive training is exclusively for youth and promotes ways to use a variety of wellness tools to live happy, healthy and thriving lives. Wellness 4 Life! is led by young adults living in recovery.

Registration is \$10/participant and includes lunch



Federation of Families
of South Carolina

A Voice for Children's Mental Health in SC



Text **HEART** to **77453** for
more information or register now:
fedfamsc.org/Thrive

WELLNESS 4 LIFE!

CRITERIA AND TRAINING DESCRIPTION

Training Description:

Wellness 4 Life! is a fun and interactive training session designed exclusively for youth and young adults age 12-25 years old. This training teaches the fundamentals of wellness tools and how to use them as resources in your daily life to reduce stress and maintain a healthy and balanced lifestyle. Participants will learn how to identify wellness tools and apply them to everyday situations that may cause overwhelming feelings at school, work, and home.

Criteria for Attendance:

1. Be a member of a Youth Move SC network or
2. Have experience with behavioral, emotional, mental health challenges, juvenile justice, foster care, special education, and/or substance use disorders or be the sibling of a youth with lived experience.
3. Be between the ages of 12-25 years old.
4. Attend the training in its entirety.

I, _____, have read and understand the criteria for attending the Wellness 4 Life! training and meet the criteria.

Signature

Date



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Wellness 4 Life!
Registration Form
October 20th, 2018

Participant Information:

Name: _____ Age: _____ Gender: _____

Attending with Registered Adult?: _____ Adult Name: _____

Mailing Address: _____ County: _____

Phone Number: _____ Email: _____

Parent/Caregiver's Phone Number: _____

Race (optional- requested to help us achieve diversity):

- Black White Latino Native American
Asian Bi-Racial Other:

Please tell us why you are interested in attending Wellness 4 Life! training:

Four horizontal lines for text entry.

Registration Deadline: October 15, 2018! Send registration form to:

Federation of Families of South Carolina
810 Dutch Square Blvd, Suite 486
Columbia, SC 29210

Email: blair.boozer@fedfamsc.org
Fax: 803-772-5212

For questions, call: Local: 803.772.5210 Toll Free: 866.779.0402

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