

Registration

Please complete the following and return it with payment to confirm your registration.

Registrant's Name: _____

Date of Birth:

(day) _____ (month) _____ (year) _____

Allergies: _____

Special Needs (e.g., ADHD, Anxiety, Behavioural

Problems): _____

Parents' Names: _____

Address: _____

Phone: (H) _____

(Cell) _____

Method of Payment:

Cash Cheque VISA/MASTERCARD

VISA/MC# _____

Expires: _____

MIND MATTERS CLINIC

Assessment and Treatment of Children and Adults

Professional Psychologists, Social Workers, Speech-Language Pathologists and Art Therapists who are trained to assess and treat a full range of emotional, behavioural, academic, and relationship problems.

Also available on premises:

Speech and Language Therapy.

**3-1250 Waverley Street
Winnipeg, Manitoba
R3T 6C6**

**Phone: (204) 477-8555
Fax: (204) 487-4248**



**3-1250 Waverley Street
Waverley at Buffalo Place
www.mindmattersclinic.ca**

Fired Up For Healthy Living

**Exercise and
Healthy Eating Groups for
Teens Ages 13-17**



**mind
matters
clinic**

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Exercise and Healthy Eating Group

A unique, one of a kind program that unifies the mental health and physical benefits of living a healthy lifestyle. These skills are best learned and practiced in a group setting, with the supervision of skilled group leaders. The 5-week group focuses on developing an understanding of your barriers to exercise and healthy eating.

We all experience challenges that emerge from our own perceived barriers when trying to make healthy lifestyle changes. The sessions will be divided between better understanding how to overcome perceived barriers and learning and practicing new exercises and developing better eating habits. You will be surprised how easy it can be to incorporate movement that will directly benefit your everyday life. Over the course of the five 1 ½ hour sessions we will be learning:

- How to help yourself overcome barriers to exercising & eating healthy
- Cognitive Behavior Therapy techniques to change your thinking about exercise
- Exercises which will correct any reversed neurological patterns
- How exercise can be simple, fun, and added to your daily routine.
- Ways to correct your posture & proper bending mechanics
- Essential yoga poses
- Meditation and relaxation exercises



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Times:

There will be a number of 5-week sessions throughout the year. They will start at 7:00 pm and finish at 8:30 pm on Thursday evenings at the Rady Centre located at **123 DONCASTER STREET** (call Mind Matters Clinic at 204-477-8555 for specific dates)

Fees:

\$120 for each of the five 90-minute sessions (**\$600.00 total**).

In the first half of the evening Dr. Greenfeld will utilize Cognitive Behaviour Therapy tools to help participants think more positively about exercise and healthy eating. The second half of each session is set up as a workshop. Exercise Physiologist and Certified Personal training, Morrissa Klein, B.Sc., will be taking you through basic functional movements that will help you understand your own body. Every workshop will leave you with specific exercises to increase your functionality and flexibility as you manipulate your personal and work environments. You will learn specific cardiovascular and strength training exercises to maximize your output when exercising.

Individuals with Extended Health Care benefits for Psychology may be eligible for coverage and Exercise Physiologists may be covered under some Health Spending Accounts. Check your benefits to determine whether you are covered by a 'registered Clinical Psychologist'. Call us to determine how your coverage can be applied to the fees.

Dr. Jay M. Greenfeld, Ph.D., C.Psych.,

Jay has an extensive background working with children, adolescents, college students, and adults with a variety of presenting concerns. Jay has a special interest in using Rational Emotive Behaviour Therapy and exercise as an intervention for the treatment of psychological concerns. His areas of interest include Exercise and Motivation, Men & Masculinity, Body Image, Anxiety, Depression, and Stress Management. He is a lecturer on Stress Management and Well-Being, with research primarily focusing on integrating exercise and other health-related behaviours into everyday life.

Morrissa Klein, B.Sc., Exercise Physiologist

Morrissa is a certified fitness instructor through the Manitoba Fitness Council and a Certified Personal Trainer through the Canadian Society for Exercise Physiology. Morrissa has a Bachelor of Arts degree in Exercise Science and Psychology from the University of Winnipeg and is currently completing her Certified Exercise Physiologist designation. Morrissa has a special interest in children and fitness and coaching recreational athletics.

