

The Michigan Stay Well program presents: **SUMMER RESILIENCE SERIES**

Tuesdays at 1:00 p.m. – Weekly from July 13 through August 31, 2021

Whether we recognize it or not, many of us are still recovering from life-changing impacts of the COVID-19 disaster. That's why we're offering the Summer Resilience Series: weekly one-hour programs on topics designed to help restore mental well-being.

Join us for one, two, or all eight programs as we explore practices that help human beings find hope, tranquility, and optimism. Channel your thoughts in different directions this summer. Be kind to your mind!

All programs feature a guest speaker and an American Sign Language interpreter. **To register, click on the topic name below.** For more information, visit [Michigan.gov/Stay Well](https://Michigan.gov/StayWell).

Tuesday, July 13: [Practicing Gratitude](#)

Did you know that practicing gratitude can have a positive impact on your mental health? Discover simple ways to find gratitude in your everyday life.

Speaker: Kristal Reyes, LMSW, MPH, CAADC, Director of Crisis Services, Neighborhood Service Organization (NSO), Detroit, Michigan

Tuesday, July 20: [Expressive Art: Reveal, Heal, Transform](#)

You don't have to be artistic to be expressive. Work through difficult emotions by learning various ways to creatively express yourself.

Speaker: Taylor Beardsall, M.Ed, Board Certified Art Therapist, Founder of Solstice Healing Arts Collective, Bloomfield Hills, Michigan

Tuesday, July 27: [Music for Mindfulness](#)

Learn about music's effects on the brain, and how music can become part of a healthy mindfulness practice.

Speaker: Kara Lewis, MT-BC (Certified Music Therapist), Harmony Garden Music Therapy Services, Jackson, Michigan

Tuesday, Aug. 3: [Mindfulness Practice for Anyone, Any Time](#)

What is mindfulness, and how can it benefit our health and wellness? Learn five real-world ways to expand your mindfulness practice.

Speaker: Kristal Reyes, LMSW, MPH, CAADC, Director of Crisis Services, Neighborhood Service Organization (NSO), Detroit, Michigan

Tuesday, Aug. 10: [Meditation 101](#)

Learn what meditation is, and what it is not. Explore ways to build your practice by trying two styles of meditation during this session.

Speaker: Jeff Currier – B.S., Chemical Engineering, B.S., Geology and Geophysics, USUI Reiki Master, Certified Hypnotherapist, Co-owner of Ways to Wellness, Midland, Michigan

Tuesday, Aug. 17: [Exercise for Depression](#)

Learn why and how physical movement helps relieve stress and anxiety. Learn how to set realistic expectations and stay motivated.

Speaker: Teri Keller, ACE Certified National Trainer, Family YMCA, Birmingham, Michigan

Tuesday, Aug. 24: [Yoga and Yogic breathing for wellness](#)

Become acquainted with Iyengar Yoga as a practice for physical health, mental clarity, and emotional stability while learning ways to alleviate common discomforts and support respiratory health.

Speaker: Hong Gwi-Seok, BA, MFA, Certified Iyengar Yoga Teacher, Co-owner, Iyengar Yoga Detroit Collective, Detroit, Michigan

Tuesday, Aug. 31: [Hardwiring your Nutrition Routine](#)

Fuel your body and brain by optimizing your daily nutrition habits. Learn how to meet your micronutrient needs, up your fiber intake, and make your good dietary habits stick.

Speaker: Lisa McDowell, MS, RDN, CSSD, DipACLM, ISAK, Director, Clinical Nutrition and Lifestyle Medicine at St. Joseph Mercy Health System, Team performance dietician for the Detroit Red Wings, USA Olympics Consultant



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