

# 2021 Scottsdale Youth Town Hall

SCOTTSDALE  
**MAYOR'S  
SM  
YC  
COUNCIL**  
HUNDOY

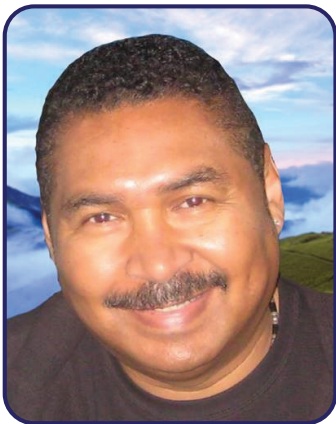
## Mindfulness for Teens

Scottsdale Mayor's Youth Council works in accordance with the direction of the Mayor to be the voice of youth in Scottsdale. This year the council recognizes the stressors for students that have resulted from the pandemic. You're invited to join us to learn more about mindfulness and how this technique can help you in your everyday life.

**Thursday,  
April 1  
5:30 - 7:30  
p.m.**

*In-person:*  
**Scottsdale  
Stadium**  
7408 E. Osborn Rd.  
Scottsdale  
Banyan Room  
Zoom virtual access  
available

Free | Raffles  
Refreshments  
Provided  
Social Distancing  
Precautions in  
Place  
Masks required



*Speaker:*  
**Tony Mosley, M.Ed.**  
[breathoflifeforlife.org](http://breathoflifeforlife.org)

Mr. Mosley has been a counselor for over 15 years helping to shape, mold and change the direction of our youth. He is founder of the Breath of Life, a stress management program that is designed to address many of today's challenges especially those of teens.

### ATTENDEES CAN EXPECT TO:

- Gain guidance on using mindfulness tools to help manage stress and anxiety.
- Interact and receive feedback from peers who manage similar stressors.
- Help you to manage thoughts and emotions in a healthy manner
- Make more purposeful choices and behaviors and promote well-being



To register for the event, please visit:  
***ScottsdaleAZ.gov search 'Mayors Youth Council'***



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