



Mindful Living

*A one hour, monthly group of guided practice
for those hoping to increase their ability to be mindful.
Research indicates mindfulness improves both physical and emotional health.*

(Appropriate for either those who are familiar with or new to mindfulness)

Presented by:

Central DuPage Pastoral Counseling Center

DATES & TIMES: January 11 3:00-4:00 pm and 7:00-8:00 pm
 February 8 3:00-4:00 pm and 7:00-8:00 pm
 March 8 3:00-4:00 pm and 7:00-8:00 pm
 April 12 3:00-4:00 pm and 7:00-8:00 pm

Pre-registration is appreciated by the day before the group session.
Call Donna at 630-752-9750, ext. 10

PLACE: 507 Thornhill Drive
 Carol Stream, Illinois 60188

LED BY: Ann Letourneau, CSJ, Psy.D.
 Elissa Lier, Psy.D.

COST: \$25.00 per person (Insurance accepted)



507A Thornhill Drive • Carol Stream, Illinois 60188 • (630)752.9750