



Introduction to Mindfulness

An evening to learn new ways to relieve stress and find peace

(Appropriate for individuals who are new to mindfulness)

Presented by:

Central DuPage Pastoral Counseling Center

- DATE:** Tuesday, September 19, 2017
(Please Pre-register by September 18, 2017 by calling Donna at 630-752-9750, ext. 10.)
- TIME:** 7:00 -8:15 pm
- PLACE:** 507 Thornhill Drive
Carol Stream, Illinois 60188
- LED BY:** Ann Letourneau, CSJ, PsyD
Elissa Lier, PsyD
- COST:** \$25.00 per person (Insurance NOT accepted)

REGISTRATION DEADLINE: September 18, 2017



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

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