



Mindful Living

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

*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.*

Presented by:

Central DuPage Pastoral Counseling Center

DATES & TIMES: September 14th – 3:00PM & 7:00PM
October 12th – 3:00PM & 7:00PM
November 9th – 3:00PM & 7:00PM
December 14th – 3:00PM & 7:00PM

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, PsyD
Elissa Lier, PsyD

COST: \$25.00 per person (Insurance accepted)



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