
Research indicates mindfulness improves both physical and emotional health.



Mindful Living

A one hour, monthly group of guided practice to encourage daily mindful living,

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

Presented by:

Central DuPage Pastoral Counseling Center

DATES & TIMES: July 11 – 3:00PM & 7:00PM
August 8th – 3:00PM & 7:00PM
September 14 – 3:00PM & 7:00PM

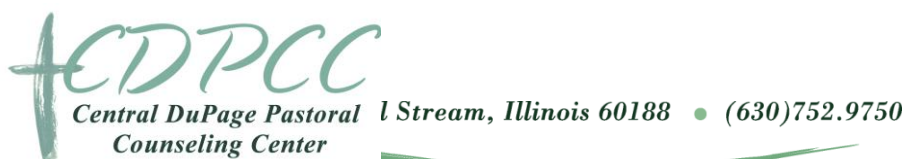
Pre-registration is appreciated by the day before the group session.

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)



CDPCC is a non-profit counseling center serving Northern Illinois since 1976. Visit us at www.cdpcc.org