
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: Choose to attend at 3:00PM or 7:00PM

March 8, 2018

April 8, 2018

PLACE: 507 Thornhill Drive
Carol Stream, Illinois 60188

LED BY: Ann Letourneau, CSJ, PsyD
Elissa Lier, PsyD

COST: \$25.00 per person (Insurance accepted)

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

Call Donna at 630-752-9750, ext. 10



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Counseling Center

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