

# Explore Mindfulness



“Research in mindfulness has identified a wide range of benefits in different areas of psychological health, such as helping to decrease anxiety, depression, rumination, and emotional reactivity. Research has also shown mindfulness helps to increase well-being, positive affect, and concentration.”

*(<https://www.uclahealth.org/marc/research>)*

## A 4-week Online series

Thursdays, beginning September 9th from 4:00-5:30 pm

Join us for a series of four sessions designed to help you explore and practice a variety of mindfulness strategies. Each session will provide research and practice. All participants will be encouraged to practice their new skills between sessions.

Presented by:

Ann Letourneau, CSJ, PsyD & Jeff Kelly, MA

**Cost: \$60 for all 4 sessions.**

Please register at [www.cdppcc.org/events](http://www.cdppcc.org/events). Insurance is not accepted for this group and there are no refunds for missed sessions. Partial scholarships are available. Please contact **Donna** at **630-752-9750 x10** for scholarship information or if you prefer to register by phone.

### Session Dates

September 9  
September 16  
September 23  
September 30

[www.cdppcc.org](http://www.cdppcc.org)

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