

Mindful Living



A one-hour, weekly group of guided practice for those hoping to increase their ability to be mindful. Research indicates mindfulness improves both physical and emotional health.

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

Presented by:

Central DuPage Pastoral Counseling Center

DATES & TIMES: November 16th – 5 to 6 PM December 14th – 5 to 6 PM
November 30th – 5 to 6 PM December 21st – 5 to 6 PM
December 7th – 5 to 6 PM December 28th – 5 to 6 PM

**Pre-registration/payment is appreciated before each group session.
Call Donna at 630-752-9750, ext. 10.**

PLACE: 507 Thornhill Drive, Carol Stream, Illinois 60188

LED BY: Curtis Beeman, MA, MCM
Mitchum Smith, MA
Tessa Walk, BS

COST: \$10 per session or \$50.00 upfront for all 6 sessions (Insurance NOT accepted; scholarships available)



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