

Mindful Living

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



Appropriate for those already familiar with, or new to, mindfulness

Presented by:

Central DuPage Pastoral Counseling Center

DATES	January 23 rd – 7 to 8:00 PM	February 13 th – 7 to 8:00 PM
& TIME	January 30 th – 7 to 8:00PM	February 20 th – 7 to 8:00 PM
	February 6 th – 7 to 8:00 PM	February 27 th – 7 to 8:00 PM

PLACE: Central DuPage Pastoral Counseling Center (Mona Kea Professional Ctr)
507 Thornhill Drive, Carol Stream, Illinois 60188

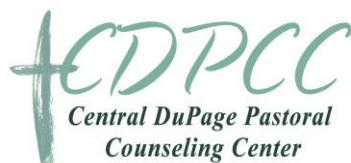
LED BY: Krista Marashli, MA & Chris Stuart, MA

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

Payment is appreciated before the first session. To pay online, use the QR code (*donation for group attendance* option). Checks can be mailed to the CDPCC: **please note MINDFULNESS on the check. Or if you prefer, you can call Donna to register over the phone or ask for scholarship info at **630-752-9751.****



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