



Stress Reduction Through Mindfulness and Meditation

8-week course
Tuesdays from 6:00 p.m. – 8:00 pm.
BEGINS OCTOBER 2, 2018

This course uses mindfulness as a means of responding to stress, pain, anxiety, depression, and illness. Techniques include meditation, mindful eating, mindful breathing and individually – tailored instruction.



To register for this course or for questions about this course, including Insurance eligibility, please call:

**Angela Potaczek, LCPC
708-383-7500 ext. 115**