
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
Sept. 14, 2017
November 9, 2017
December 14, 2017

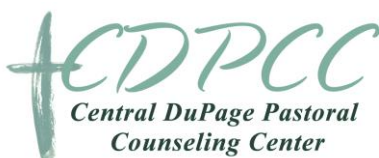
PLACE: 507 Thornhill Drive
Carol Stream, Illinois 60188

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



Central DuPage Pastoral
Counseling Center

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

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