

Cognitive Health *Solutions*, LLC and Karen Jones, LPC Present:



Mindfulness Based Stress Reduction 8 Week Group

Practicing mindfulness in the manner instructed by our trained facilitator has been shown to:

- * Increase ability to cope with pain and other health conditions.
- * Improve emotional states and emotional resilience.
- * Reduce stress, anxiety, and depression by decreasing stress hormones.
- * Reduce mental "fog" and tendency to ruminate.



FREE pre-program orientation session

HANOVER OFFICE

(100 W. Eisenhower Drive)

February 17, 2021; 6-7PM

Please register to attend.

The Spring 2021 group sessions are held on the following dates at 6-8:30PM.

MARCH 3

MARCH 10

MARCH 17

MARCH 24

MARCH 31

APRIL 7

APRIL 14

APRIL 21

The full-day session will be offered on

April 10, 2021.

**This program could be
for you if you
experience stress,
anxiety, depression, or
chronic pain!**

Insurance will be accepted.

For More Information or to register, please contact the office.

100 W. Eisenhower Drive, Hanover PA 17331

717-632-8400 (Phone) info@cognitivehealthsolutions.com (email)