

Relax & Recharge



This 2 ½ hour workshop invites you to join a group of peers and learn how to integrate the benefits of mindfulness into your everyday activities. You will experience focused breathing exercises and mindful movement that everyone can do.

WHEN
TBD

HOW
Call to be placed on the interested list.

COST
\$50/person
Groups of 2+ are \$35/person.



Technology Needed

- High speed internet
- Device with speaker, microphone, and video capability.

Course Objectives

- Understand definition of Mindfulness and how it can be beneficial to one's life.
- Recognize the relationship between mindfulness and stress recovery.
- Learn some specific mindfulness practices.

Course Outcomes

- Develop options for dealing more effectively with stress.
- Experience ability to settle a busy mind and direct and sustain attention.
- Improve your capacity to recover from challenges.

Insurance will be accepted.

100 W. Eisenhower Drive, Hanover PA 17331

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

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



Cognitive Health *Solutions*, LLC

MBSR Program Registration

Relax and Recharge Workshop

Mindfulness II

Mindfulness Refresher

Introduction to Mindfulness

Executive Coaching and Mindfulness

MBSR 8 Week Course requires a separate registration process, please call the office.

PARTICIPANT INFORMATION:

Participant Name: _____ Phone: (_____) _____

Street Address: _____

City/State/Zip: _____

If under 18 years old:

Parent/Guardian #1 Name: _____ Relationship to Participant: _____

Parent/Guardian #1 Signature: _____

Parent/Guardian Phone: (_____) _____ E-mail: _____

Parent/Guardian #2 Name: _____ Relationship to Participant: _____

Parent/Guardian #2 Signature: _____

Parent/Guardian Phone: (_____) _____ E-mail: _____

PAYMENT:

Payment Method : Cash Check Credit Card

Visa/MasterCard/Discover #: _____ Exp. Date: ____/____ CVV: _____

Amount Authorized/Enclosed: \$ _____

Card Holder Signature: _____

All payments are final; there will be no refunds issued. Cancellations received after payment is made may receive a credit of the same amount applicable toward a future program. Please note that if you register and do not attend you are liable for full payment.

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Contact to Register– Phone: 717-632-8400

Fax: 717-632-9300

Email: info@cognitivehealthsolutions.com

Website: www.cognitivehealthsolutions.com