

Mindfulness Based Stress Reduction

8 Week Group– Spring 2019

Facilitated by Karen W. Jones, MS, NCC,LPC



Are you...

- ◆ Looking to improve memory?
- ◆ Hoping to improve quality of life?
- ◆ Struggling with anxiety, grief, trauma, or depression?
- ◆ Going through changes in life, work, or home?
- ◆ Feeling stressed or overwhelmed?
- ◆ Struggling with or recovering from illness?
- ◆ In a treatment or surgery aftercare program?
- ◆ Recovering from addiction?

Mindfulness Based Stress Reduction can help

Mindfulness practice shows us ways of focusing on the present moment in a nonjudgmental way, increasing our ability to move from old, repetitious habits and reactions into skillful, productive responses. This program offers guided instruction and experience in mindful meditation and mindful movement. Practices include learning to focus on the breath, body scan meditation, and gentle stretching.

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

- * Increase ability to cope with pain and other health conditions
- * Boost your immune system
- * Improve emotional states and emotional resilience
- * Reduce stress, anxiety, and depression by decreasing stress hormones
- * Strengthen memory and reaction time
- * Reduce mental “fog” and tendency to ruminate

See opposite side of flyer for details about enrollment



Cognitive Health Solutions, LLC

100 West Eisenhower Drive, Suite A, Hanover PA 17331

Contact to Register– Phone: 717-632-8400

Email: info@cognitivehealthsolutions.com

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Program Details & Enrollment

Hanover Office (100 W. Eisenhower Drive, Suite A)

All interested parties are required to attend a free pre-program orientation session. Following orientation, a brief individual meeting will be required. This will allow each person to gain a better understanding of the MBSR program, a chance to meet the instructor, and a clearer idea of what mindfulness is.

The group will meet on Wednesday evenings for eight (8) weeks. There will be active and supportive group learning, as well as individually tailored instruction and home practice assignments. One full-day workshop will be offered on a Saturday in addition to the eight regular sessions. Dates for this group are:

- February 27, 6PM-7PM, *free orientation*
- March 13, 6PM-8:30PM
- March 20, 6PM-8:30PM
- April 3, 6PM-8:30PM
- April 10, 6PM-8:30PM
- April 17, 6PM-8:30PM
- April 24, 6PM-8:30PM
- April 27, 9AM-3PM, *full day workshop*
- May 1, 6PM-8:30PM
- May 8, 6PM-8:30PM

Additional Information

Insurance will be accepted. For more information on the Mindfulness Based Stress Reduction Program at CHS, or to register for orientation, please contact our office.

See opposite side of flyer for details about program



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