



# Relax & Recharge

Hosted by Cognitive Health *Solutions*, LLC

.....*too busy?*

.....*stressed out?*

*Do you ever feel.....*

.....*fatigued?*

.....*overwhelmed?*

.....*disappointed with life?*

Do you sometimes feel that worry and anxious thought are taking over your life and/or future? Have you found yourself focusing on what's next so much that you're missing out on the present? Mindfulness allows us to take a different approach to things and helps us focus on the present. Mindfulness can be practiced by anyone, anywhere, formally and informally.

Adults are invited to join Karen Jones, Mindfulness Based Stress Reduction Teacher on  
**Saturday January 26, 2019 from 9:00 AM to 11:30 AM**  
For a morning of mindfulness training and practice at our Hanover Office

No prior knowledge or experience required! You'll 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. The practices will increase your understanding of stressed states and encourage you to incorporate new skills so that you can respond to that stress in a positive, healthy manner. You will learn how to settle a busy mind, skillfully handle emotions and thoughts, and direct and sustain attention.

**Registration form and \$50 participation fee due by: Thursday January 24, 2019**

**\*Groups of 2+ that register together will receive a discounted rate of \$35 each.**

Karen Jones, MS, NCC, LPC is a Licensed Professional Counselor who has completed a 92-hour teacher development intensive training taught by senior staff from the Center for Mindfulness.

\*This is not a clinical service— this is an educational workshop and is not billable to insurance. It is open to all adults including, but not limited to, current or past clients.

\*\*Cancellations are not eligible for a refund buy you may receive a credit of the same amount applicable toward a future workshop.



## **Cognitive Health *Solutions*, LLC**

100 West Eisenhower Drive, Hanover PA 17331

Contact to Register— Phone: 717-632-8400

Fax: 717-632-9300

Email: [info@cognitivehealthsolutions.com](mailto:info@cognitivehealthsolutions.com)

Website: [www.cognitivehealthsolutions.com](http://www.cognitivehealthsolutions.com)