

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 is show 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 27, 2019 6PM-7PM

The Spring 2019 group sessions are held on the following dates at 6-8:30PM.

♦ **MARCH 13** ♦ **MARCH 20** ♦ **APRIL 3**
♦ **APRIL 10** ♦ **APRIL 17** ♦ **APRIL 24**
♦ **MAY 1** ♦ **MAY 8**

One full-day workshop will also be offered on **APRIL 27TH, 9AM-3PM.**

**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)