



# Pause On Purpose

As part of our ongoing efforts to bring mindfulness based stress reduction practices to the Hanover community, we will begin offering a monthly drop in session to stop and *Pause on Purpose*.

The monthly drop in sessions will be held by Karen Jones, MS, NCC, LPC. Karen is a Licensed Professional Counselor who has completed a 92-hour teacher development intensive training taught by senior staff from the Center for Mindfulness.

During the one hour sessions, Karen will lead various guided meditations, practice focusing on the breath, body and movement, cultivating a focus on present moment awareness of body sensations, thoughts and emotional states.

While most of the hour will be spent participating in the various practices, brief discussion on integrating and applying daily mindfulness based self-regulatory skills will be addressed as participants desire.

Cognitive Health *Solutions*, LLC is dedicated to guiding individuals along a path for optimal wellness for life. We believe regular stress reduction practices such as mindfulness contribute to one's overall health and well-being and are excited to invite you to stop by **7:30 PM to 8:30 PM any last Tuesday of the month** to POP- *Pause On Purpose*.

These sessions are **free** and open to the community, including, but not limited to current or past clients. We welcome all participants, whether you have been practicing a long time, or trying something new!

- ◆ January 29, 2019
- ◆ February 26, 2019
- ◆ March 26, 2019
- ◆ April 30, 2019
- ◆ May 28, 2019
- ◆ June 25, 2019
- ◆ July 30, 2019
- ◆ August 27, 2019
- ◆ September 24, 2019
- ◆ October 29, 2019
- ◆ November 26, 2019

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

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