



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, April 13, 2019 from 9:00 AM to 11:30 AM
For a morning of mindfulness training and practice at our York 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, April 11, 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 but you may receive a credit of the same amount applicable toward a future workshop.



Cognitive Health *Solutions*, LLC

1030 Plymouth Road, York PA 17402

Contact to Register— Phone: 717-747-3659

Fax: 717-885-5550

Email: info@cognitivehealthsolutions.com

Website: www.cognitivehealthsolutions.com



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Saturday, April 13 2019

9:00-11:30AM

York Office

\$50 per participant (groups of 2+ \$35 each)

Registration Form Due by Thursday, April 11, 2019. Spot is not reserved without completed form and payment.

Participant Name: _____ Phone: (_____) _____

Street Address: _____

City/State/Zip: _____

Parent/Guardian: _____ Relationship to Participant: _____

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

Payment Method : (Cash) (Check*) (Credit Card)

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

Amount Authorized/Enclosed: \$ _____

Signature: _____

***Make Checks Payable to: Cognitive Health Solutions, LLC**

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 workshop. Please note that if you register and do not attend you are liable for full payment.

Please direct all questions and registrations to:



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