

Cognitive Health *Solutions*, LLC and Karen Jones, LPC Present:

FREE pre-program orientation session

HANOVER OFFICE

(100 W. Eisenhower Drive)

SEPTEMBER 11, 2019 6PM-7PM

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

- ♦ **SEPTEMBER 18**
- ♦ **SEPTEMBER 25**
- ♦ **OCTOBER 2**
- ♦ **OCTOBER 9**
- ♦ **OCTOBER 16**
- ♦ **OCTOBER 23**
- ♦ **OCTOBER 23**
- ♦ **NOVEMBER 6**

One full-day workshop will also be offered on **OCTOBER 26TH, 9AM-3PM.**

This program could be for you if you experience stress, anxiety, depression, or chronic pain!

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



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)