



**Cognitive**  
HEALTH SOLUTIONS



◇ **Do you ever feel.....**

...stressed?

...overwhelmed?

...too busy?

◇ **Take time to.....**

# Relax & Recharge

This 2 ½ hour program invites you to 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.

**WHEN:**

**May 14, 2022**

**10:00-12:30**

**Where:**

**Virtually or In-Person at  
Cognitive Health Solutions  
100 W. Eisenhower Dr. Hanover**

**COST:**

**\$50/person**

**Groups of 2+ are \$35/person.**

**Presented by: Karen Jones, MS, NCC, LPC**

**This program is open to anyone 16 y/o and older.**

**Children 9 to 15 y/o can accompany a registered  
adult without an additional cost.**

~Registration is Required~

717-632-8400 ~ [info@cognitivehealthsolutions.com](mailto:info@cognitivehealthsolutions.com) ~ [www.cognitivehealthsolutions.com](http://www.cognitivehealthsolutions.com)



# MBSR Program Registration

Relax and Recharge Workshop

Mindfulness II

Mindfulness Refresher

Introduction to Mindfulness

Executive Coaching and Mindfulness

**MBSR 8 Week Course requires a separate registration process, please call the office.**

**PARTICIPANT INFORMATION:**

Participant Name: \_\_\_\_\_ Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

***If under 18 years old:***

Parent/Guardian #1 Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Parent/Guardian #1 Signature: \_\_\_\_\_

Parent/Guardian Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ E-mail: \_\_\_\_\_

Parent/Guardian #2 Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Parent/Guardian #2 Signature: \_\_\_\_\_

Parent/Guardian Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ E-mail: \_\_\_\_\_

**PAYMENT:**

Payment Method :  Cash     Check     Credit Card

Visa/MasterCard/Discover #: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_ CVV: \_\_\_\_\_

Amount Authorized/Enclosed: \$ \_\_\_\_\_

Card Holder Signature: \_\_\_\_\_

*All payments are final; there will be no refunds issued. Cancellations received after payment is made may receive a credit of*