

# THRIVE COUNSELING CENTER

## Stress Reduction Through Mindfulness and Meditation

January 30 - March 20  
Tuesdays, 6:00pm - 8:00pm

**Reduce stress and improve well-being!** This 8-week course uses mindfulness as a means of responding to stress, pain, anxiety, depression and illness. Techniques include meditation, mindful eating, mindful breathing exercises, and individually-tailored instruction. Participants will receive an audio meditation CD along with course materials to help guide practice at home.

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### Registration Information

*(The course is limited to 12 participants due to the individually-tailored instruction format.)*

Location: Thrive Counseling Center, [120 S. Marion Street, Oak Park, IL](#)

Fee: \$200 due at time of registration

Registration Deadline: Monday, January 22, 2018

To register or request further information, please contact Angela Potaczek at [708-383-7500 x115](tel:708-383-7500) or email: [apotaczek@thrivecc.org](mailto:apotaczek@thrivecc.org)