



Introduction to Mindfulness

Bergen Counseling Center

Saturday, April 7th, 2018 10:00-11:00am

Maybe you've heard about mindfulness. Perhaps you've even read some articles about it online. But what does mindfulness practice look like, and how can it benefit you? Join us for a FREE 1 -HOUR WORKSHOP that will introduce you to the key principles and benefits of mindfulness, walk you through a brief guided practice, and provide you with tips and strategies for incorporating mindfulness into your daily life.

Contact Dr. Carolyn Versical for more information or to register.

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