



Innovative Counseling Partners is pleased to offer...

**“Every Day Mindfulness”
6-Week Adult Group Training Program**

Mindfulness practice improves your quality of life by offering an alternative treatment for chronic pain and conditions such as depression, anxiety, stress, interpersonal relationships, that impact memory and overall wellness.

Program Dates/Times: Beginning February 3, 2017 from 10-11am

Location: 715 Lake Street, Room 700, Oak Park

Cost: \$320, or check with your insurance provider for behavioral health group training coverage

- Learn from trained behavioral health therapists educated in the proprietary mindfulness training protocol.
- Practice relaxation strategies and become aware of how to avoid the physical dangers of stress to your overall physical health.
- Receive personalized assessment of program results related to your enhancement in mood, stress reduction, or anxiety.

To Register, or make a referral, call 773-312-3612



