

MINDFULNESS



FOR STRESS REDUCTION AND WELLBEING

MINDFULNESS IS THE PRACTICE OF CULTIVATING NON-JUDGMENTAL AWARENESS
IN THE PRESENT MOMENT

Designed for people experiencing stress from: illness, anxiety, panic, depression, chronic pain, caregiving overwhelm, and other problems interfering with your quality of life.

*Group practice in mindfulness meditation and gentle movement.
We invite you to join us in learning life-long tools to promote well-being and self-care.*

Instructors: Susan Dubin-McNeil, Ed.D., Psychologist Jan Hiley, M.S., OTR/L Faculty Emerita, Cabrillo College

NINE SESSIONS

DAY & TIME: Mondays, 6:00pm – 8:00pm

SESSIONS START: October 6, 2014 through December 1, 2014

LOCATION: Petaluma People Services Center, Adult Day Location 25 Howard Street, Petaluma

COURSE FEES: \$375 includes materials

FOR MORE INFORMATION CONTACT PPSC: 707-765-8488 admin@petalumapeople.org

TO REGISTER: Complete this form and mail with check or credit card to:
Petaluma People Services Center Attn: Mindfulness
1500 Petaluma Blvd. South, Petaluma, CA 94952

Name: _____

Address: _____

City State Zip

Contact Number: () _____

Card Number: _____ - _____ - _____

Visa or Master Card

Expiration Date

Email: _____

PETALUMA PEOPLE SERVICES CENTER



Mindfulness is a program of Petaluma People Services Center

For 40 years, PPSC has been dedicated to improving the social and economic health of our community by providing programs that strengthen the dignity and self-sufficiency of the individual.