

Guided Mindful Meditation

Come experience the positive benefits of meditation during this six-week class designed to help manage stress and cultivate a sense of well-being. Participants will explore mind and body awareness techniques for coping with physical or psychological symptoms of stress. These techniques include various forms of guided mindful meditation and mindful movement.



- Class Instructor:** Maggie Crowley, PsyD, Health Psychologist, Northwestern Integrative Medicine
- Dates:** Wednesdays, January 11 to February 22 (No class February 15)
- Time:** 6 to 7 p.m.
- Cost:** \$180 includes the six-week session, take-home meditation mat and cushion.
- Registration:** To register or for more information, please call Health Resources at **877-926-4664** or visit us online at **classes.nmh.org/listing/all**.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312-926-3112.

Northwestern Memorial is committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care and access to treatment and programs in a non-discriminatory manner, and eliminating healthcare disparities. For questions, please call the Patient Representative department at 312-926-3112, TDD/TTY number 312-944-2358.