

## Meditation / Mindfulness Workshop

**\*\*Learn & practice meditation and mindfulness before the  
Holiday Season!**

**\*\*These practices will teach you how to create deeper  
peace and calm within yourself, which is especially  
helpful during the hustle & bustle of the holidays.**

**\*\*Certified Life Coach Jill Jurcago looks forward to leading  
this workshop!**

**The Workshop will:**

- Teach you what meditation and mindfulness are.
- The health benefits of both practices.
- Insights on the role thoughts have in our lives.
- The group will participate in a fun mindful activity.
- The group will learn a meditation technique and practice it together.
- Tips will be given for practice at home on your own.

**WHERE: WILLOUGHBY HILLS COMMUNITY CENTER**

**WHEN: THURSDAY NOVEMBER 12, 2015**

**7:00-8:00pm    \*\*Check-in starts at 6:45**

**COST: \$7 for residents \$8 non-residents \$6 seniors 65+**

**REGISTER 440-975-3540**

**ANY QUESTIONS: Call Jill Jurcago at 440-479-0028**

