



Center for Multimodal Treatment

Finally, keep that New Year's resolution to get healthier!

The Mindful Way Through Depression and Anxiety

Groups forming now!

If you've struggled with depression or anxiety, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all and prevent relapse.

This group will provide you with concrete tools to:

- Decrease feelings of depression and anxiety
- Deeply relax your body and mind
- Improve sleep
- Help your immune system to work more effectively
- Improve cognitive functioning
- Feel less stressed and less overwhelmed
- Enjoy life in each moment
- Develop a greater sense of well-being

Dates: Thursdays from January 15 – March 5 (8 meetings)

Time: 7:00 – 8:30 p.m.

Led by: Judith Flaxman, Ph.D. & Carol Moss, LCSW

Location: Center for Multimodal Treatment,
2530 Crawford Ave., Suite 118, Evanston

Cost: \$395. Payment is required in advance.
Payment includes **Mindful Way Workbook**
and CD (Authors: Teasdale, Williams and Segal).

Space is limited.

Call Judy Flaxman or Carol Moss at
(847) 864-2723 to reserve
your place.

