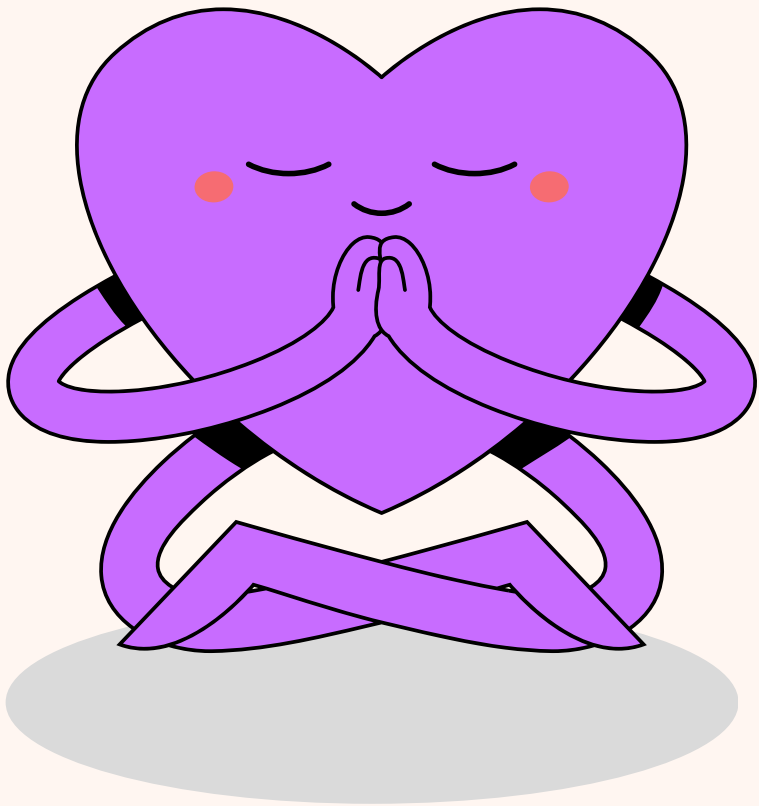
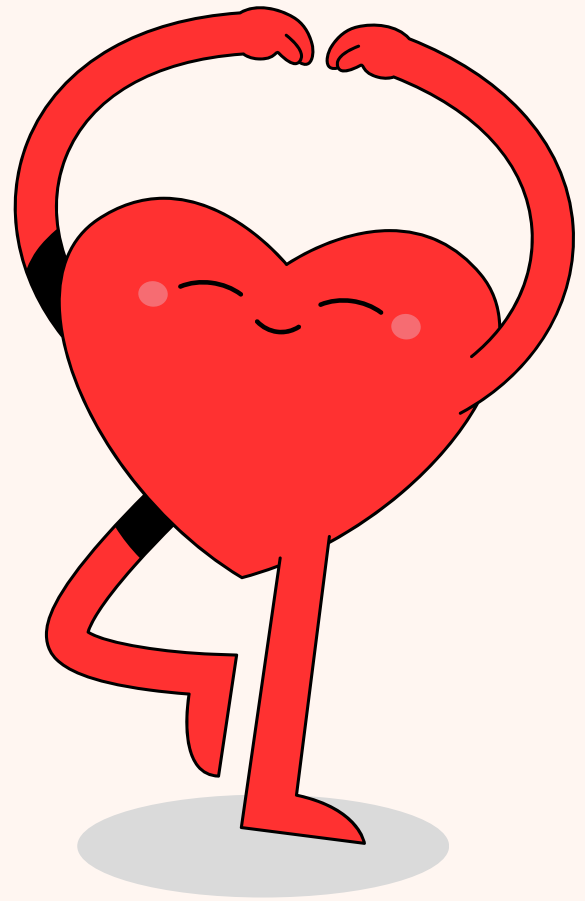


JOIN US FOR A

MINDFULNESS MEDITATION GROUP



**No experience
necessary & open
to ages 18+**

6:00PM - 7:00PM
THURSDAYS, IN-PERSON
JUNE 12, 19, 26
JULY 10, 17, 24, 31
AUGUST 7, 14, 21

LED BY OUR LICENSED THERAPIST
AND FORMER YOGA INSTRUCTOR,
HANNAH WHITE, MA, LAC, NCC

PLEASE EMAIL HWHITE@LIFEBACKNJ.COM TO RESERVE YOUR SPOT!

MINDFULNESS MEDITATION GROUP

**Join 10-12 other individuals ages 18+ to discover
the power of mindfulness and meditation!**

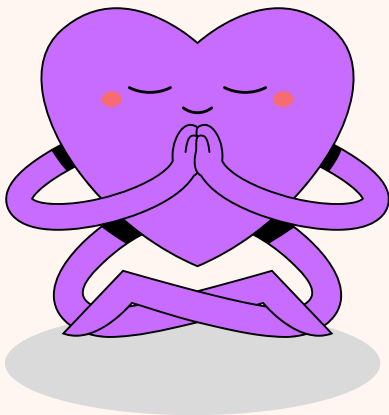
EACH WEEK WE WILL SPEND TIME EXPLORING WHAT
MINDFULNESS IS, WHAT MEDITATION LOOKS LIKE,
AND HOW WE CAN INTEGRATE THESE PRACTICES
INTO OUR DAILY LIVES.

AT THE END OF EVERY SESSION, YOU WILL WALK
AWAY WITH EXPANDED KNOWLEDGE, A NEW SKILL,
AND A FRESH OUTLOOK ON HOW TO TACKLE LIFE'S
STRESSORS.



THIS GROUP WILL MEET WEEKLY ON THURSDAYS
FROM 6:00 - 7:00 PM IN OUR LAWRENCEVILLE
OFFICE ON THE FOLLOWING DATES:

JUNE 12, 19, 26
JULY 10, 17, 24, 31
AUGUST 7, 14, 21



THIS GROUP WILL BE LED BY OUR LICENSED
THERAPIST AND FORMER YOGA INSTRUCTOR,
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