



## [2019 Spring/Summer Mindfulness-Based Class Schedule](#)

### **HEALTHY HABITS: \$100/MONTH**

**Eat Right Now (ERN) / Unwinding Anxiety (UA) / Craving to Quit (CTQ)**

Mondays 7:00-8:00pm (Weekly / Ongoing)

Palatine Park District

[250 E Wood St. Palatine, IL 60067](#)

### **MINDFULNESS-BASED STRESS REDUCTION (MBSR): \$500**

Tuesdays 6:00-8:30pm

Starting May 21st (8 Sessions)

[Suite 470, 1900 E Golf Road, Schaumburg, IL 60173](#)

### **MINDFULNESS-BASED EATING AWARENESS TRAINING: \$750**

Thursday 6:00-8:00pm

Starting May 16th (12 Sessions)

[Suite 470, 1900 E Golf Road, Schaumburg, IL 60173](#)

*Link to Current Class Times and Locations:*

[www. WellesenceMD.com/contents/services/classes](http://www.WellesenceMD.com/contents/services/classes)

**Registration and Information: (847) 850-8185**

[WellesenceMD.Info@gmail.com](mailto:WellesenceMD.Info@gmail.com)