

MINDFULNESS

STRESS REDUCTION CLASSES



4 evenings 6:30 to 8:30 • 1 half day retreat

STONE QUARRY HILL ART PARK

Fee \$125 (\$100 for Art Park Members)



PAULINE CECERE, LCSW

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www.PaulineCecere.com

- *Decrease Stress* • *Improve Focus* • *Feel More Joy*
- *Improve Sleep* • *Reduce Anxiety and Depression*
- *Increase Confidence* • *Bolster Immune System*
- *Improve Memory and Concentration*

• ***MINDFULNESS MEDITATION*** •

GIVES YOU TOOLS TO DEAL WITH DAILY STRESS