

The Mindfulness Meditation Initiative

Learn how to practice meditation and how to apply mindfulness in everyday life through The Mindfulness Meditation Initiative!

Participants are encouraged to attend at least 2 classes per week, but you are invited to attend as many as you want! No need to attend the same class each week. The course is designed to be flexible – go to whichever classes fit your schedule week-to-week.



Participants are also encouraged to practice outside of class and are provided with links to optional guided meditations for at-home use.

CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:15 - 7:45 a.m. Studio 2		7:15 - 7:45 a.m. Studio 2		
11:35 a.m. - 12:05 p.m. Studio 2	11:45 a.m. - 12:15 p.m. Studio 2	11:35 a.m. - 12:05 p.m. Studio 2	11:30 a.m. - noon Studio 2		11 - 11:30 a.m. Studio 4
	7 - 7:30 p.m.* Cardiac Rehab	7:35 - 8:05 p.m. Cardiac Rehab	7 - 7:30 p.m. Cardiac Rehab		

***There is no 7 p.m. class on the 2nd Tuesday of each month.**

Buy a monthly pass at GalterLifeCenter.org under the My Wellness tab or at the Courtesy Desk. Passes are valid from the first to the last day of each calendar month. Fees will not be prorated at any time.

Fees: Members \$37; Nonmembers \$47

SEE REVERSE SIDE FOR MORE INFORMATION

For more information, contact **Kayla Kulans** at
773-878-9936, ext. 7342 or KKulans@SwedishCovenant.org



5157 N. Francisco Ave.
Chicago, IL 60625
773-878-9936
GalterLifeCenter.org

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Mindfulness-based meditation practices are mental exercises that have been shown to have numerous benefits for mental and physical health and wellbeing. These mental exercises strengthen the mind's ability to respond wisely rather than react habitually to thoughts, emotions, physiological experiences, as well as whatever life and the outside world bring our way.

The Mindfulness Meditation Initiative exposes participants to a variety of evidence-based mindfulness meditation practices. Participants sign up on a month-by-month basis. This program is great for beginners, experienced meditators interested in learning new practices, as well as anyone who finds practicing in a communal setting with regular classes beneficial to maintenance of a consistent practice.

Evidence-Based Benefits of Mindfulness:

- Decrease Stress
- Improve Resilience
- Lower Blood Pressure
- Decrease Physical and Mental Pain
- Reduce Inflammation
- Decrease Severity of Symptoms
- Increase Emotional Regulation
- Improve Immune Response
- Improve Immunity
- Help Treat Depression and Anxiety
- Slow Age-Related Brain Deterioration
- Help Prevent and Slow the Progression of Alzheimer's and Dementia
- Improve Self-Control, Memory, Learning, Creativity and more!

Join the Mindfulness Meditation Initiative today and experience the benefits for yourself!

See reverse side for details on program structure.

Visit GalterLifeCenter.org for more details on class content.

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