

*City of Kawartha Lakes*

Family Health Team



*Mindfulness Meditation*

[www.cklfamilyhealthteam.com](http://www.cklfamilyhealthteam.com)

705.328.9853

## *Mindfulness Meditation*

Mindfulness Meditation has proven an effective treatment of anxiety, depression, chronic pain, cardiac recovery and other health problems.

The result of extensive research, mindfulness-based stress reduction uses healing components of mind-body integration. The result is a healthier outlook and more joy in life.

In the Mindfulness Meditation group you will learn how to control run-away thoughts and find a place of peace and quiet within yourself. You will learn techniques to access this internal resource and meditate to reduce stress. You will also learn how to pay attention to the present unburdened by hurtful past experiences.

The group course is 8 weeks long with one 3-hour session per week. The goal of Mindfulness Meditation is to learn to meditate on your own at home during the week.

An ongoing maintenance course will be available once a month to those who have completed the first 8 weeks.

*Ask your family doctor or nurse practitioner if  
the Mindfulness Meditation Group  
may be right for you...*

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