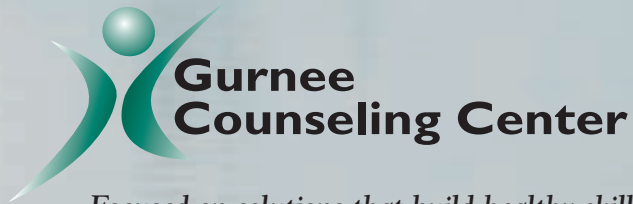




# *Change Your Mind*

*Meditation, Yoga, Tai Chi*



*Focused on solutions that build healthy skills to last a lifetime.*



## **Gurnee Counseling Center**

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Change Your Mind Programs offered at Gurnee Counseling Center provide a perfect antidote to the stresses of everyday life. Courses in meditation, yoga, and tai chi skillfully blend practical instruction with opportunities for personal development and growth.

Research has shown that all three disciplines have a positive affect on the body and mind. Lowered blood pressure, heart rate, and cortisol levels are measurable results. Increased flexibility, fluidity of movement and balance are achieved while toning the musculature system and massaging the internal organs.

The development of a personal and regular practice contributes to increased creativity, as well as individual psychological and physiological well-being.

Gurnee's programs are perfect for caregivers, as well as their clients. Classes are held at convenient times in our spacious home-like Counseling Center.

Call us or log on to our website for a schedule of classes.

*Change your mind - change your life.*