

# 7 Reasons to Learn

**MINDFULNESS  
BASED STRESS  
REDUCTION**

**Register Now!**

*6 Weeks to Improve Brain  
Function, Reduce Stress,  
Increase Joy, Reduce  
Chronic Pain, Anxiety  
and Other Life Changing  
Challenges*

**Unplug**

Train Your Brain

**REDUCE STRESS**

*Slow Down*

Find Inner Peace & Joy

Reduce Hot Flashes

**CANCER CARE & SUPPORT**

> **REGISTER by phone/email:** 707-696-2519 · [julieschlander@gmail.com](mailto:julieschlander@gmail.com)

**Where:** Healthy Living with Julie, 3645 Montgomery Dr., Santa Rosa

**When:** Tuesdays, August 22 – September 26 · 7:00 – 9:00 p.m.  
PLUS a half day retreat Saturday 9/23 · 9:30 a.m. – 1:30 p.m.

**Wear:** Comfortable, non-binding clothing (mindful movement is incorporated).

**Bring:** Water and your “beginner’s mind”

**Cost:** 6-week course: \$315.00 · Textbook and handouts included



**MindStream Company**

[www.mindstream.me](http://www.mindstream.me)

Instructor Gina Jackson, founder of MindStream Company, is a cancer survivor who understands the stress of chronic pain and a body out of balance.