

# Mindfulness + Meditation = Less Stress, Better Focus

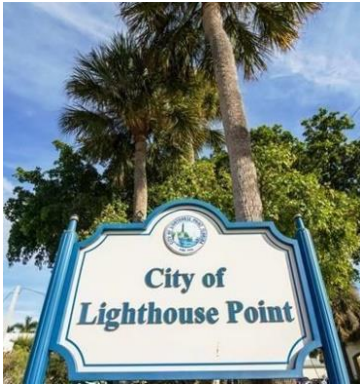
Join us!

April 21<sup>st</sup> – May 26<sup>th</sup>

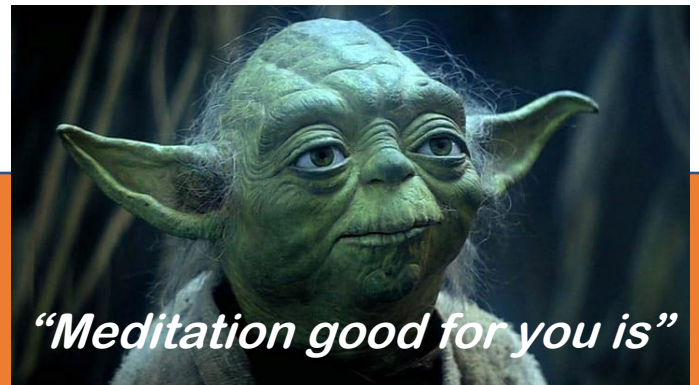
10am-noon or

7pm - 9 pm

But First... Try it on for size!



Come to our **free** Introductory Session **Tuesday, April 7<sup>th</sup> from 7PM – 9PM**  
(Opportunity to Pre-Register for Class at a discount)



Join US! At the Lighthouse Point Gym for a complimentary Introductory session in preparation for the 6-week course.

**Which Includes, a half day retreat on Sunday May 23<sup>rd</sup>**

As seen on 60 minutes, in Time Magazine, taught in Hospitals, Schools,  
The Military and around the country.

Do you experience

- Stress
- Anxiety
- Chronic Pain
- Hot Flashes
- Loss
- Dis-ease of the Body

We All Do! – But not everyone handles it the same way. Let's sit, Let Go-

\$ 385.00 All materials are included.  
Details will be passed out during Free Intro class

REGISTRATION & MORE INFO  
[www.mindstream.me/classes-schedule](http://www.mindstream.me/classes-schedule)

Learn to Cultivate the Present Moment in this  
Science based practice



[www.ginajackson.org](http://www.ginajackson.org)

Lighthouse Point Gym and Fitness Center  
5018 N Federal Hwy, Lighthouse Point

