




A Wellness House class specifically for those who have been impacted by cancer

Scientists say our brain's set point is to search for disturbances. People who go through mindfulness training begin to shift this set point to direct experience. They begin to attun to what they are experiencing in the moment and have less concern about what might befall them in the future. Mindful Journaling is a unique practice that brings present moment awareness to the page. **No journaling or writing skill is required just a willingness to explore.**

Nancy Hill, LCSW has 40 years experience in the helping profession. She is author of ***Unfolding: Slow Down– Drop In– Dare More.*** Meditations on living in the present moment and learning to speak our truth. She developed Mindful Journaling as a practice to notice what we notice. Nancy says, *"I bring tools from many areas of my life, teacher, guide to women's growth, author, therapist, retreat facilitator, mother & grandmother."*



Mindful Journaling

- Inhabit present moments
- Attend to senses
- Learn to shift awareness
- Decrease anxiety

Location: Wellness House
131 N County Line Rd
Hinsdale, IL 60521

Date: Thursday 9/13

Time: 1-3 PM

To register: please visit
www.wellnesshouse.org
or call 630.323.5150.