**Managing Stress through Mindfulness & Meditation Group**

****

Curious about Wondering what all the meditation? fuss is about?

Take charge of the stress you experience using simple and effective strategies.

Feel calm and empowered rather than tense and overwhelmed.

Join us for this weekly group on **Thursdays from 7:00-8:00pm**

**19 Spear Rd. Suite 301, Ramsey, NJ.**

Open to adults.

**Call (201) 488-6678 or email intake@specializedtherapy.com**

**to learn more or register**



Facilitated by Anna Sandbank, LCSW

Director of Integrative Mind-Body Health

Fx Med Centers, Specialized Therapy Associates, Xceptional You