

# POWER OF MEDITATION

*FOR ALL WALKS OF LIFE*



**BEGINNING JANUARY 10<sup>TH</sup> EVERY  
WEDNESDAY 6:30-7:30PM**

LIFE CARE WELLNESS  
45 S. PARK BLVD, SUITE 200  
GLEN ELLYN, IL 60137

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*Workshop Fee:  
Insurance Accepted*

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Meditation has many benefits such as, but not limited to, managing stress, improving relationships, fulfilling desires, and connecting with your inner spirit. Meditation is not only reserved for the monastery or guru, but can easily be accessible to all types of individuals leading all types of lives. During this workshop you will learn how to meditate, its benefits, and ways to incorporate meditation into your life. Ideal for beginner and experienced practitioners!

***SMALL GROUP SIZE! SPACE IS LIMITED! REGISTER TODAY!***

This workshop series is co-facilitated by Stephanie Gutzmer, Au.D., ACC, E-RYT 200 and Myles VanCamp, M.S. They recognize the positive mental and physical changes meditation brings to their patients and are excited to share this with others.

**FOR GROUP INFORMATION AND REGISTRATION:**

CALL: 630-234-6847

EMAIL: [GUTZMER@THEFROMWITHIN.COM](mailto:GUTZMER@THEFROMWITHIN.COM)

VISIT: [LIFE-CARE-WELLNESS.COM](http://LIFE-CARE-WELLNESS.COM)

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