



Happy, Healthy 2012!

Mindfulness-Based Cognitive Therapy (MBCT), a well-researched program designed to prevent Depression relapse, is available in Lawrenceville, NJ. The next 8 week session begins January 30.

If you struggle with feeling “not good enough”, or sometimes lose touch with what is fun and meaningful in life, you may want to try MBCT. Learn how mindfulness can help you manage anxiety, depression, pain and illness:

- Discover your vulnerability to downward mood spirals
- Recognize the impact of perfectionism
- Learn and practice new skills to improve self-care
- Find more joy

Mindfulness-Based Cognitive Therapy for Depression (MBCT)

With Pat Vroom, Ph.D. and Nancy Logue, Ph.D

Information/registration: 609.818.1226 215.321.5695
or nl@aftonalliance.com

\$550 tuition includes workbook, 2 practice CDs. \$100 orientation session required. call 609.818.1226, 215.321.5695 or email nl@aftonalliance.com

Held at Psychotherapy at the Atrium, 133 Franklin Corner Road,
Lawrenceville, NJ

8 Mondays 7:00-9:00 pm, plus a one-day retreat, January 30th through March 26 .

There is no better time than right now to begin again



Mindfulness Resources for a Happy, Healthy 2012!

There are many opportunities to improve self-care in 2012 through mindfulness training. The structure and support of a class can help turn intentions into practice.

Pat Vroom, Ph.D. and Robin Boudette, Ph.D., will be leading an 8 week [MBSR course](#) Wednesdays 6:30-8:30 pm in Kingston, NJ at Simply Yoga, beginning February 8. \$500 early registration, includes workbook, 2 CDs. Call 609-577-3380 or email RobinBoudettePhD@aol.com.

Robin Boudette, Ph.D. will be leading a 6 week [Mindful Meditation class](#) Mondays, 7:00-8:15 in Pennington, NJ at Four Winds Yoga, beginning February 27. \$110 early registration. call 609-818-9888.

Amy Tuttle, RD, LCSW and Shirley Kessel, RYT lead 8 week [Body Mind-Fullness Programs](#) for Women to find a way back to healthy, natural weight in Center City and Chestnut Hill, Philadelphia. Their winter classes begin the week of February 5. Call 484.580.9692 for details.



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