



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONTHLY MEDITATION PRACTICE

A MONTHLY MEDITATION SESSION WITH DR. PAUL NEVIN

**Tuesday, February 9, at 11:15 am – FREE and open to the public
NSYMCA Virtual Event [click here](#) to participate**

Or call: 1-312-626-6799 Meeting ID: 975 2999 0007 Passcode: 174808

In recent decades, scientific studies have demonstrated that meditation practices change the brain making it easier to achieve happiness and success. Join Dr. Paul Nevin for this free, monthly series taking you through meditation reflections to enhance your life. Register now for one or all six sessions of this incredibly popular series

Learn from an expert

Join Dr. Paul Nevin, a Doctor of Clinical Psychology and a Wellness Coach trained at the Mayo Clinic, who will draw on his more than 40 years of teaching meditation.



Meditation is good for you

Discover the growing scientific evidence showing how meditation can dramatically enhance health, happiness, youthfulness, relationships, and success.

Do it yourself

You will be able to:

- Practice meditation yourself
- Understand it's importance in your life
- Sample several guided brief meditation practices

A part of the NSYMCA ADULT EDUCATION SERIES

The NSYMCA is located at 2705 Techy Road, Northbrook, IL
Check out all our virtual programs at www.nsymca.org

Learn more about Dr. Nevin and Heartlight Psychological Services
at <http://www.heartlightps.com/>

**Register for this program by emailing Karen Brownlee at
the North Suburban YMCA: kbrownlee@nsymca.org**

