



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THE POWER OF MEDITATION PART I OF IV

**LEARN HOW MEDITATION CAN ENHANCE YOUR LIFE**

**Tuesday, September 8, 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 us for a free, four-part series teaching you how you can use meditation to enhance your life. Register for one or all four installments of this series which will take place once a month now through December (9/8, 10/13, 11/10, 12/8).

## **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 Techny Road, Northbrook, IL  
Check out all our virtual programs at [www.nsymca.org](http://www.nsymca.org)  
Questions? Contact [kbrownlee@nsymca.org](mailto:kbrownlee@nsymca.org)

**Register for this program to receive a reminder email the day of the event by emailing Karen Brownlee at the North Suburban YMCA: [kbrownlee@nsymca.org](mailto:kbrownlee@nsymca.org)**

