## Prop-in Mindfulness Meditation Session

A 45-minute public meditation sitting for <u>Veterans and employees</u>. The session is led by a certified mindfulness-based stress reduction (MBSR) instructor, Ms. Carly Maletich (see bio below).

When: Every Tuesday (starting Jan 9, 2018)

12:15 - 1:00pm

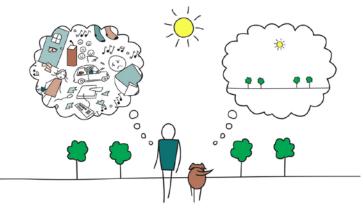
Who: Veterans and Employees

- Everyone is welcome!

Where: Jesse Brown VA

820 S. Damen Ave., Chicago, IL. 60612

\*In the Chapel (1st floor — near Starbucks)



Mind Full, or Mindful?

Facebook: https://www.facebook.com/pg/VAChicago/events/



Carly Maletich is a mindfulness teacher, certified yoga instructor and Research Associate in Mind-body Medicine at Northwestern University's Feinberg School of Medicine. Her work focuses on the implementation of mindfulness and yoga-based health interventions for various disease populations. She teaches mindfulness-based practices to a broad range of individuals including cancer patients, physicians, and underserved populations.