

Drop-in Mindfulness Meditation Session

A 45-minute public meditation sitting for Veterans and employees.
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)



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.