



Peace in Progress

This is an 8-week mindfulness based program with biofeedback elements that reduces stress through visual imagery and games through computer applications and a device that is held between your thumb and forefinger that measure stress levels. The more you learn to relax, the more you will progress through the games!

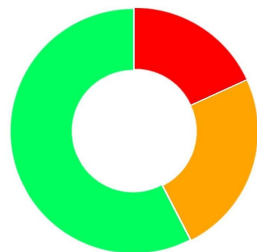
Who can Benefit: Ages 10 and up

What to Expect:

This program is structured using a designed curriculum to help you monitor your progress and results.

Session 1: An introduction session on what to expect, understand mindfulness, a survey to see where your stress levels are at and a chance to try one of the applications.

Sessions 2-8: brief survey to monitor stress levels, use of the games/applications guided by a counselor followed by the results of your progress at the end of session. Which will look like this for each segment...



Stress events	6
Steady events	8
Relax events	19

Appointments:

Sessions are once a week consecutively for the 8 weeks. It is important to attend each session weekly to ensure positive results.

Join the Peace in Progress movement today!