

**Breakthrough your Mental and Physical Barriers**

# Mind & Body Fitness Group

From the professionals at: Prairie Wellness and Geneva Fit



Prairie Wellness Counseling Center

&

Geneva Fit



Offering:

A Supportive Fitness Experience

Are you struggling to balance a healthy lifestyle?

Would you benefit from learning more about the mind  
and body connection?

This 10 week small group is intended for **Adults** who have previously struggled with mental or emotional barriers in achieving a more healthy lifestyle.

Weekly Group Workouts at: Geneva Fit, led by Jan Silverman, MA., NASM  
Weekly Group Discussions at: Prairie Wellness, led by Matthew Goles, LCPC

**Starts: October 3, 2015**

Group Workouts: 11a Saturdays (\$15/workout)

Discussion Groups: 6p Thursdays (\$20/group or through BCBS)  
(discussion group will not meet the week of Thanksgiving)

Ask about our discounted rates for some IL Blue Cross/Blue Shield Subscribers

Contact us at 630-715-5740 or [info@prairiewellness.org](mailto:info@prairiewellness.org) for registration and more information:



Matthew Goles, LCPC

Jan Silverman, M.A.,  
NASM, CrossFit I

