

Experiential Mindfulness Training

Waukegan Public Library
128 N County St
Waukegan, IL., 60085
1:30 PM – 3:30 PM

Presenter:
Ricardo Tovar-Vega, LSW, MBA, M.Div.,

5/14

THE POWER OF MINDFULNESS

Dive into our expertise
by exploring &
discovering your
optimum human
potential or simply
learn new stress
reduction techniques

5/21

MINDFULNESS ACROSS CULTURES, PERSONALITIES & INDUSTRIES

Explore our quality-
centric approach to
Mindfulness and build
resilience regardless of
your industry, and
integrating your
personality

5/28

MINDFULNESS SELF CARE & EMOTIONAL INTELLIGENCE

Unleash creativity,
enhance skills with a
triple threat approach
& techniques to reduce
unwanted behaviors
and stressors

6/4

MINDFULNESS IN CLINICAL LABS

Engage with Clinical
tools / techniques & dig
deeper into Mindfulness
to treat Depression,
Anxiety, & PTSD
Symptoms. Special
Section Review when
the crisis is addiction

In Collaboration With VPCC &
GVPI, Lake County, IL. 2025

Experiential Mindfulness Training
Registration Form

