



TOWNSHIP OF ORLAND

For Immediate Release

March 14, 2018

For More Information

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Office Locations

Administrative Office

Assessor's Office

Youth & Family

Counseling Services

14807 S. Ravinia Ave.

Orland Park, IL 60462

Main Fax Number

(708) 403-4260

Administrative Office &

Assessor's Office

Telephone Number

(708) 403-4222

Youth and Family

Counseling Services Office

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(708) 403-4001

Highway Department Office

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ORLAND TOWNSHIP OFFERS NEW MEDITATION PROGRAM

Orland Township is pleased to announce that Dr. Thomas C. McGarrity will be joining our distinguished group of fitness and wellness instructors this Spring, according to the office of Township Supervisor Paul O'Grady.

Dr. McGarrity will be leading Orland Township's new Meditation Class and his customized approach will take students to a place of deep calm and spiritual restoration.

A leader in guided meditation for over a decade, Dr. McGarrity comes to Orland Township with impressive credentials. He obtained his Doctorate of Spiritual Ministry from The Wisdom School of Graduate Studies at Ubiquity University in Mill Valley, California and he has completed past-life regression therapy training with Dr. Brian Weiss of The Weiss Institute. Dr. McGarrity studied extensively under Dr. David R. Hawkins of The Institute of Advanced Consciousness Research and he has authored two spiritual books ... *Divine Power Speaks with the Buddha* ... and ... *Enlightenment and Other Divinely Magical Moments*.

Meditation classes will begin Thursday, March 29. Classes are held at Orland Township, 14807 S. Ravinia Ave., Orland Park and meet once a week on Thursdays from 10:15 a.m. to 11:15 a.m. The fee for the 8-week session is \$45 for Orland Township residents (\$50 for non-residents). Registration is open now and must be done in person at the Orland Township office. Space is limited, so don't miss out on this opportunity.

The mission of Orland Township's Health Services department is to provide quality health services that meet the need of our residents, focusing on wellness, prevention, education, and safety. We strive to offer classes that meet the changing needs and schedules of our residents. Yoga, Strong & Fit, Tai Chi, Health Coaching, and Zumba Gold classes all provide important health benefits in a safe environment with certified instructors who understand the importance of well-being.

Registration for all exercise classes is now open and must be done in person at the Orland Township office. Classes begin at the end of March.

For additional information, please call (708) 403-4222.

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