**What is**

**Mindfulness Based Stress Reduction – MBSR**

***and how can it help me?***



**Free Talk**

**Wendy Weckstein, PT, MEd *Physical Therapist, Wellness Consultant and MBSR Teacher***

**Monday, December 2nd**

**6:00 pm - 7:00 pm**

**at**

**Northern Michigan Psychiatric Services, PC**

**3287-A Racquet Club Drive**

**Traverse City, MI 49684**

**Please RSVP: 231-935-0355**

 *“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and* nonjudgmentally.” Jon Kabat Zinn