The Mindfulness Center of Northern Michigan, LLC

is pleased to present:

A FREE Introduction and Orientation

to Jon Kabat-Zinn’s powerful and evidenced-based

8-week Stress Reduction Program;

Mindfulness Based Stress Reduction

*Live-online via Zoom*

*Sunday, January 16th 9:30am – 10:30am*

**For more information call: 231-342-9634**

*Register at*

[**www.mindfulnesstc.com**](http://www.mindfulnesstc.com)

**What is MBSR?**

Mindfulness-Based Stress Reduction (MBSR) is a highly experiential, evidence-based 8-week class and full day Mindfulness Retreat. This psycho-educational program helps participants cultivate a different relationship with stress resulting from chronic physical and/or psychological illnesses; helping one to better navigate through life’s inevitable challenges.

Jon Kabat-Zinn founded MBSR at the University of Massachusetts in 1979. It is now taught in hundreds of settings worldwide. Research on MBSR has demonstrated positive outcomes and profound benefits with both physical and psychological symptoms including: depression, anxiety, overall mood, level of optimism, pain management and decreased risk and reversal of numerous disease processes.





**Presented by**: Wendy Weckstein, PT, MEd, Director of Wellness at Northern Michigan Psychiatric Services.

Physical Therapist, Certified Wellness Consultant, Certified Mindfulness Based Stress Reduction (MBSR) Teacher for Adults and Teens Brown University School of Public Health and Center for Mindfulness