

A FREE Online Orientation to
Mindfulness Based
Stress Reduction - MBSR

Register at
www.mindfulnessstc.com
to receive your Zoom Invitation
or call
231-342-9634

Thursday September 15th 2022
6:00pm – 7:00pm

Sponsored by:

Mindfulness Center of Northern Michigan, LLC

**Mindfulness Based Stress Reduction
MBSR Classes**



Northern Michigan Psychiatric Services, PC

