A FREE Introduction and Orientation

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

8-week Stress Reduction Program

Mindfulness Based Stress Reduction

*Register at*

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

*Live-online via Zoom*

*September 11th 9:00am – 10:00am*

**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.





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