A FREE Online Orientation to

Mindfulness Based

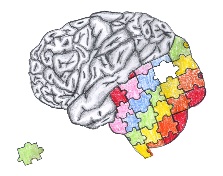
Stress Reduction - MBSR

Register at

[**www.mindfulnesstc.com**](http://www.mindfulnesstc.com) **to receive your Zoom Invitation or call 231-342-9634**

**Thursday, April 6th 20236:00pm – 7:00pm**

Sponsored by:

 **Northern Michigan Psychiatric Services, PC**