

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

Sunday, September 17th 2023
4:00pm – 5:00pm

Sponsored by:

Mindfulness Center of Northern Michigan, LLC

**Mindfulness Based Stress Reduction
MBSR Classes**



Northern Michigan Psychiatric Services, PC

