

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, January 11th 2024
6:00pm – 7:00pm

Sponsored by:

Mindfulness Center of Northern Michigan, LLC

**Mindfulness Based Stress Reduction
MBSR Classes**



Northern Michigan Psychiatric Services, PC

