

***A FREE Online Orientation  
and Introduction  
to***

***Mindfulness Based  
Stress Reduction - MBSR***

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**Tuesday, September 10<sup>th</sup>, 2024  
6:00pm – 7:00pm**

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*Sponsored by:*

**Mindfulness Center of Northern Michigan, LLC**

**Mindfulness Based Stress Reduction  
MBSR Classes**



**Northern Michigan Psychiatric Services, PC**



