**Mindfulness-Based Stress Reduction (MBSR)**

**Information Sessions**

***(Mandatory for class participation)***

#  2023 Schedule Details Coming Soon

|  |  |  |
| --- | --- | --- |
| **Session** | **Day** | **Time** |
| Fall 2023 | Tuesday  |  |
|  | Thursday |  |
|  | Saturday |  |
| Winter 2023 | Tuesday |  |
|  | Thursday |  |
|  | Saturday |  |

**All sessions are conducted limited in-person or online via Zoom**

***CEU’s available for a variety of healthcare professionals***

 \*Please note that the first class of each program is extended an additional thirty minutes and the last class is extended an additional hour.

**8-Week MBSR Program**

#  2023 Schedule Details Coming Soon

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Session** | **Day** | **Time** | **Session Dates** | **Retreat*****(Mandatory) 9am -3:30pm*** |
|  |  |  |  |  |
| Fall 2023 | Tuesday PM |  |  |  |
|  | Thursday AM |  |  |  |
|  | Saturday AM |  |  |  |
|  |  |  |  |  |
| Winter 2023 | Tuesday PM |  |  |  |
|  | Thursday AM |  |  |  |
|  | Friday AM |  |  |  |

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