

Orientation 2018 – 2019 Schedule

Session	Day	Time
Spring 2018	Tuesday, March 27	10:00 – 12:30 pm
Spring 2018	Tuesday, March 27	6:00 - 8:30 pm
Summer 2018	Tuesday, June 12	10:00 – 12:30 pm
Fall 2018	Wednesday, October 10	1:30 - 4 pm
Fall 2018	Tuesday, October 9	6:00 – 8:30 pm
Winter 2019	Tuesday, January 22	10:00 - 12:30 pm
Winter 2019	Tuesday, January 22	6:00 – 8:30 pm
Spring 2019	Tuesday, March 26	10:00 - 12:30 pm
Spring 2019	Tuesday, March 26	6:00 – 8:30 pm
Summer 2019	Tuesday, June 11	10:00 - 12:30 pm
Summer 2019	Tuesday, June 11	2:00 – 4:30 pm

Location:

All sessions are conducted in the Calcagnini Center for Mindfulness at
Jupiter Medical Center

8-Week MBSR Program 2018 - 2019 Schedule

Session	Day	Time	Session Dates	All-Day Class (Mandatory) 8:45 – 4:30pm
Spring 2018	Tuesday AM	10:00 - 12:30 pm	April 3 – May 22	May 5, 2018
Spring 2018	Tuesday PM	6:00 - 8:30 pm	April 3 – May 22	May 5, 2018
Summer 2018	Tuesday AM	10:00 – 12:30 pm	June 19 – August 14	August 4, 2018
Fall 2018	Wednesday PM	1:30 - 4 pm	October 17 – December 12	December 1, 2018
Fall 2018	Tuesday PM	6:00 - 8:30 pm	October 16 – December 11	December 1, 2018

Winter 2019	Tuesday AM	10:00 – 12:30 pm	January 29 – March 19	March 9, 2019
Winter 2019	Tuesday PM	6:00 - 8:30 pm	January 29 – March 19	March 9, 2019
Spring 2019	Tuesday AM	10:00 – 12:30 pm	April 2 - May 21	May 4, 2019
Spring 2019	Tuesday PM	6:00 - 8:30 pm	April 2 – May 21	May 4, 2019
Summer 2019	Tuesday AM	10:00 – 12:30 pm	June 18 – August 6	July 27, 2019
Summer 2019	Tuesday PM	2:00 – 4:30 pm	June 18 – August 6	July 27, 2019

Location:

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