

Orientation

2019 - 2020 Schedule

Session	Day	Time
Fall 2019	Tuesday, October 15	10:00 - 12:30 pm
Fall 2019	Tuesday, October 15	6pm – 8:30 pm
Winter 2020	Tuesday, January 21	10:00 - 12:30 pm
Winter 2020	Tuesday, January 21	6:00 – 8:30 pm
Spring 2020	Tuesday, March 24	10:00 - 12:30 pm
Spring 2020	Tuesday, March 24	6:00 – 8:30 pm

Location:

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

8-Week MBSR Program

2019 - 2020 Schedule

Session	Day	Time	Session Dates	All-Day Class (Mandatory) 8:45 – 4:30pm
Fall 2019	Tuesday AM	10:00 – 12:30pm	October 22 – December 17	December 7, 2019
Fall 2019	Tuesday PM	6:00 – 8:30pm	October 22 – December 17	December 7, 2019
Winter 2020	Tuesday AM	10:00 – 12:30pm	January 28 – March 17	March 7, 2020
Winter 2020	Tuesday PM	6:00 – 8:30pm	January 28 – March 17	March 7, 2020
Spring 2020	Tuesday AM	10:00 – 12:30pm	March 31 – May 19	May 9, 2020
Spring 2020	Tuesday PM	6:00 – 8:30pm	March 31 – May 19	May 9, 2020

Location:

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

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