

## Orientation 2019 - 2020 Schedule

Session	Day	Time
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
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

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
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 11, 2019
Spring 2019	Tuesday PM	6:00 - 8:30 pm	April 2 – May 21	May 11, 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
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

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.*