

**Mindfulness-Based Stress Reduction (MBSR)  
Information Sessions - FREE  
2021 Schedule**

Session	Day	Time
Spring 2021	Tuesday, March 9	9 – 9:45am or 5 – 5:45 pm
	Saturday, March 13	10:00 – 10:45am
	Tuesday, March 16	9 – 9:45am or 5 – 5:45 pm
	Saturday, March 20	10:00 – 10:45am
Summer 2021	Tuesday, May 18	9 – 9:45am or 5 – 5:45 pm
	Saturday, May 22	8:45 – 9:30am
	Tuesday, May 25	9 – 9:45am or 5 – 5:45 pm
	Saturday, May 29	10:00 – 10:45am
Fall 2021	Tuesday, Sept 7	9 – 9:45am or 5 – 5:45 pm
	Saturday, Sept 11	10:00 – 10:45am
	Tuesday, Sept 14	9 – 9:45am or 5 – 5:45 pm
	Saturday, Sept 18	10:00 – 10:45am

Location:

All sessions are conducted **online via Zoom**  
*CEU's available for a variety of healthcare professionals*

## **8-Week MBSR Program**

### **2021 Schedule**

<b>Session</b>	<b>Day</b>	<b>Time</b>	<b>Session Dates</b>	<b>Retreat (Mandatory) 9am -3:30pm</b>
Spring 2021	Tuesday PM	6:00 – 8:30pm	March 23 – May 11	May 1, 2021
Spring 2021	Saturday AM	10:00 – 12:30pm	March 27 – May 22	May 1, 2021
Summer 2021	Tuesday PM	6:00 – 8:30pm	June 1 – July 20	July 10, 2021
Summer 2021	Saturday AM	10:00 – 12:30pm	June 5 – July 31	July 10, 2021
Fall 2021	Tuesday PM	6:00 – 8:30PM	Sept 21 – Nov 9	October 30, 2021
Fall 2021	Saturday AM	10:00 – 12:30pm	Sept 25 – Nov 20	October 30, 2021

#### Location:

All sessions are conducted **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.*