

**Mindfulness-Based Stress Reduction (MBSR)
Information Sessions (Mandatory)
2022 Schedule**

Session	Day	Time
Summer 2022	Tuesday, June 21	5:00– 5:45 PM Online via Zoom
	Thursday, June 23	9:00 – 10:30AM In person
Fall 2022	Tues, September 20	5:00– 5:45 PM Online via Zoom
	Thurs, September 22	9:00 – 10:30AM In person

Location:

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

CEU's available for a variety of healthcare professionals

8-Week MBSR Program

2022 Schedule

Session	Day	Time	Session Dates	Retreat (Mandatory) 9am -3:30pm
Summer 2022	Tuesday PM	6:00 – 8:30PM	June 28 – Aug 16	August 6, 2022
	Thursday AM	9:00 – 11:30AM	June 30 – August 18	August 6, 2022
Fall 2022	Tuesday PM	6:00 – 8:30PM	Sept 27 – Nov 15	November 5, 2022
	Thursday PM	9:00 – 11:30AM	Sept 29 – Nov 17	November 5, 2022

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.*